



**Attachment Models
In Addiction, Recovery & Betrayal Trauma**



March 1-2, 2025
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Lawrence, Kansas

Schedule

Saturday, March 1

9:00-10:30	“Intro to Attachment and Three Styles of Insecure Attachment.”
10:30-10:45	Break
10:45-12:15	“Attachment Pain”
12:15-1:30	Lunch
1:30-3:00	Healing Attachment Wounds
3:00-3:30	Break
3:30-5:30	Secure Attachment Skills

Sunday March 2

10:15-12:00	Optional worship at New Hope Fellowship: Darrell’s sermon will be “God’s Mother Love”
1:30-3:00	Dismissive (Avoidant) Attachment in Active Addiction, in Recovery and in Betrayal Trauma
3:00-3:15	Break
3:15-4:30	Anxious (Ambivalent or Distracted) Attachment in Active Addiction, in Recovery and in Betrayal Trauma
4:30-4:45	Break
4:45-6:00	Reversing Role Reversals

Session 1

Introduction & Attachment

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)
- Share your appreciation with someone around you.

What is joy?

Definition

Impact

Transmission

Cycle of Joy & Quiet

Stimulates growth in prefrontal cortex

Grows our joy capacity and is foundational for attachment

Attachment

God created us with both the _____ and _____ for secure attachment

God is a _____

Sin destroys _____

Attachment Styles

Secure

Dismissive (Avoidant)

Ambivalent (Anxious/Distracted)

Disorganized

Secure Attachment

Something we can all _____

Rare

Joy is “Being with someone who is genuinely _____ to be with _____

Joy is the only _____ an infant will seek

Absence of Joy

Leads to _____ attachment

Brings _____

Anxious (Ambivalent) Attachment

_____ connection

_____ with the child

Connection is like _____ in the _____

“_____ here! _____ here!”

Dismissive (Avoidant) Attachment

“Go _____!”

Grows out of the _____ of _____

Sees connection as a _____

Life feels safer _____

Disorganized Attachment

_____ elements of both _____ and _____

Source of connection is also the source of _____ and/or great _____

“COME _____ COME _____, “ then GO _____ ! GO _____ !”

Insecure Attachments

Cause deep _____ and _____

Lead to _____

B _____

E _____

E _____

P _____

S _____

Physical Grounding Exercise

Session 2

Attachment Pain

In groups of 4-5, make a list of 10-12 “significant” secular songs from your youth

1. _____	7. _____
2. _____	8. _____
3. _____	9. _____
4. _____	10. _____
5. _____	11. _____
6. _____	12. _____

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)
- Share your appreciation with someone around you.

Attachment

- God _____ us with both the _____ and the need for secure attachment
- God is a _____ community
- Sin destroys _____ attachment

Absence of consistent joy

- Leads to _____ attachment
- Brings great _____

Damaged attachments

- Also bring great _____
- The levels of _____ and _____ are directly connected
- Our brains were not designed for _____
- Why _____ is excruciating

Attachment pain

- Comes from _____ experiences we often cannot _____
- Comes from _____
- Results in the _____ pain we experience

- Expressed in all _____ of story, art & _____
- Causes deep _____ and _____
- BEEPS

Group Exercise:

- In groups of 4-5, go back and see how many of your songs are about attachment pain.
- What BEEPS are referenced as “solutions?”

Individual Exercise—Kind Eyes

Session 3

Healing Insecure Attachments

“Earned Secure Attachment”

- Understand and _____ my story
- Experience secure attachment to _____
- Experience secure attachment to _____
- Honestly face the _____ of my _____
- Learn SAS (_____ skills) Diane Poole Heller—*The Power of Attachment* and audio book “*Healing Attachment Wounds*”
- Embrace the _____

Embrace The Spiritual Journey

Those with anxious attachment must face their tendency of seeking _____
through _____

Those with dismissive attachment must face their tendency of seeking _____
through _____

Those with disorganized attachment must face their tendency of seeking _____
through _____ and seeking _____
through _____

Individual Exercise

Ideal Birth

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)

Ideal Birth

Individual Exercise
Opening Myself
To Secure Attachment With God & Others

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)

Opening Myself To Secure Attachment With God & Others

Session 4
Secure Attachment Skills

1. Listen _____

2. Practice _____

3. _____

4. Engage in _____

5. Maintain _____

6. Be Mindful of _____ and _____

7. Use Your _____

8. _____

9. _____

10. _____, _____, _____

11. Build and Expand Your _____

12. Attend to the _____

Individual Exercise

The Competent Protector

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)

The Competent Protector

Session 5

Dismissive (Avoidant) Attachment

Tally the number of “Yes” answers you give to the assessment questions

Dismissive (Avoidant) Attachment

- Grows out of _____ of connection
- Leads to life strategies centered around being _____
- Becomes focused on _____ plane
- Adult relationships are _____ and _____
- Often highly _____ and even _____
- Tend to struggle with _____ and _____
- Struggle to see from _____
- Struggle especially with _____
- Life seems safer _____

Dismissive attachment in active DST

- Often escapes into _____ out as an avoidance of connection with wife and others
- Can seem fine even when _____ is _____, emotional and/or dysregulated
- Seems fine on their _____ and even _____ times of wife distancing herself due to the pain he has caused
- Often struggles with and/or gets labeled as “Intimacy _____”
- Struggles with _____, especially when _____
- Struggles to understand the _____ of his _____ or lack thereof
- Sexual _____ often is centered around _____

Dismissive Attachment In DST Recovery

- Struggles with _____ around being _____ and/or exposed
- Often does well with _____ tasks of recovery, especially listening/reading recovery materials
- Struggles with _____ tasks of recovery, phone calls, check in groups, etc. Doesn't really see the need/value
- Struggles with _____, especially regarding wife's needs for connection, communication and physical/sexual reengagement
- Struggles to find and maintain _____ with _____ in recovery
- Struggles to stay _____ for recovery past the _____ phase
- More likely to _____ from _____ from community

- Struggles with _____ after establishing _____:
"I'm fine now, why can't she get over it?"
- Must find courage to move _____ a _____, _____,
emotional wife

Dismissive Attachment In Discovery Phase of Betrayal Trauma

- Often experiences betrayal as _____ of being "_____"
and internalizes deep shame messages
- Often struggles with _____ of any kind
- May be able to _____, _____ and continue to
function as mom, employee, etc.
- Tendency to focus on _____ makes it difficult to believe _____
is possible
- Sometimes experiences the trauma pushing her into _____
and/or _____ attachment
- Often continues to be _____ of _____

- Often continues to be fearful to reconnect _____ and especially sexually
- Struggles to _____
- Struggles with _____ What do I _____ from him? What is the real impact of his actions/inactions, etc.
- More likely to see the problem as “_____” and be passive or avoidant about her own trauma recovery
- Sometimes continues to struggle with _____ and/or disorganized attachment because of betrayal trauma

Dismissive Attachment Needs From Spouse In Betrayal Trauma Recovery

- _____!
- _____, _____ and _____ to breathe
- Learn to _____ signs of “_____”
- _____ & _____ from spouse
- _____
 - _____ communication
 - Time to “_____, _____”

Exercise

1% More

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)

1% More Exercise

Session 6

Anxious (Ambivalent) Attachment

Tally the number of “Yes” answers you give to the assessment questions

How does this compare to the number on the dismissive/avoidant assessment?

Anxious (Ambivalent) Attachment

- _____ connection
- _____ with the child
- Connection is like _____ in a _____: It must be sought after and taken whenever it is available
- Illustrated in phrase “_____! _____!”

Anxious (Ambivalent) Attachment In Active DST

- Often places _____ on wife's _____, responsiveness, etc.
- Can't be "_____" unless he believes she is "_____" with him
- Focused so much on _____ that he loses _____ with self
- Often uses "_____" as barometer of relationship
- Often overinterprets "_____" and then uses being "_____" as justification for acting out
- Struggles with feeling intense _____
- Struggles with _____ on basis of _____ not being met
- Acting out is often centered around the _____ of being "_____"

Anxious (Ambivalent) Attachment In DST Recovery

- Often places _____ on wife's _____, responsiveness, etc.
- Struggles to be "_____" unless he believes she is "_____" with him
- Struggles in using "_____" as the barometer of the relationship
- Extra sensitive to signs of _____ and often overinterprets "_____"
This leads to struggles with emotional regulation and sometimes relapse
- Must learn to be _____ even when she is _____. Must learn to be OK with _____ and synchronize with wife's needs.

Anxious (Ambivalent) Attachment in Discovery Phase of BT

- Often is fearful of losing the _____ and may struggle _____ as mom, employee, etc.
- Sometimes has a trauma response of attempting to "_____ him"
- Sometimes needs _____ and even _____ connection due to the fear of losing the connection exceeding their pain.

Anxious (Ambivalent) in Discovery Phase of Betrayal Trauma

- Sometimes becomes _____ or even _____ with self and spouse afterward moving towards connection
- Sometimes experiences the trauma pushing her into _____ arousal and/or disorganized attachment

Anxious (Ambivalent) Needs in BT Recovery

- _____
- _____
- _____
 - Communication . . . At times " _____ "
 - Intentional _____ & _____
 - Permission to _____
 - Physical _____ (Depending on where she is at)
 - _____ connection (Again, depending on where she is at)

Exercise

My Consistent & Predictable People

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)

My Consistent & Predictable People

Exercise

Reversing Role Reversal With Mom

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)

Reversing Role Reversal With Mom

Exercise

Reversing Role Reversal With Dad

Appreciation:

- Ask Jesus to remind you of something you can appreciate
- Talk with Him about what comes to mind
- Pay attention to how your body feels as you focus on appreciation
- Give it a name (2-3 words)

Reversing Role Reversal With Dad