

Mom/Dad, when I get upset (frustrated, withdrawn, whiney, demanding, out of control):

**SECURE
BASE**

**SAFE
HAVEN**

My behavior
actually
means
that
I need
you.

I need you to:

- ◆ Be calm
- ◆ Take Charge
- ◆ Be kind
- ◆ Stay with me until we both understand this feeling that seems too much for me alone
- ◆ Help me return to what I was doing, with a new option

"I don't
know
what to do
with how
I'm feeling."



CIRCLE OF REPAIR

Helping My Child Trust that Our Relationship
Will (Almost) Always Set Things Right