

## The Journey of Attachment

### *A Discussion Guide*

#### **Exploring Attachment**

This exercise asked you to confront your own expectations about adoption and attachment.

- What kind of relationship have you imagined having with your child? In what way(s) did this exercise change your expectations?
- Which of the answers in this exercise surprise you or make you think differently about attachment?
- What, if any, unresolved issues in your past have you identified that you want to address before adopting your child?
- How do you think your child's background may impact his relationship with you?

#### **Experiencing Attachment**

In this exercise you practiced being a parent, several times, to children with attachment issues.

- Did you find it frustrating to choose what you thought was the right reaction only to find that it didn't lead to improvement in the child's behavior? What did that teach you about parenting a child with attachment issues?
- What did you learn about yourself as a parent from this exercise? How might you parent differently based on what you learned from this lesson?
- What specific tools or strategies did you learn that you will use with your own child?

