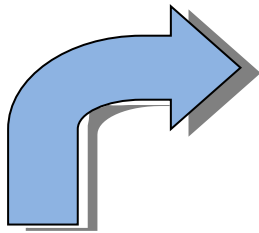


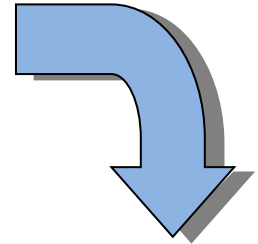
# COMFORT CIRCLE

## The way that we create bonding



### 1. SEEK AWARENESS

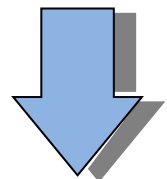
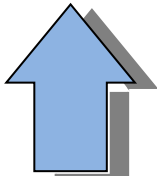
Includes both self-awareness and other-awareness. Using self-reflection to understand feelings and underlying needs. Noticing when self or others are stressed and need to be heard.



*Note: The wonderful result of completing the comfort circle will be increased trust, love, and bonding. Your injured attachment style will begin to heal, and you will begin to move toward a state of earned secure attachment. This will in turn allow you to understand emotions and acknowledge feelings when they surface again to repeat the cycle.*

### 2. ENGAGE

Either asking directly to participate in the Comfort Circle exercise and choosing roles for who will be the Speaker and who will be the Listener, or one person takes the Listener role by openly acknowledging feelings and needs of the other, thereby putting them in the Speaker role.

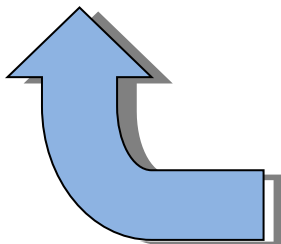


### 4. RESOLVE TO BRING RELIEF & COMFORT

Speaker asks for a specific, reasonable request or Listener helps the Speaker to link feelings to needs if they are having a hard time doing this. The Listener meets the needs of the Speaker with actions and responses (whenever possible), while at the same time being clear and direct as to what you can and cannot do for the other person. Meeting needs may need to be deferred until an agreed upon time.

### 3. EXPLORE AND FIND OUT MORE

This involves clear Speaker and Listener roles where the Speaker's needs, thoughts, and feelings are explored. Thoughtful questions by the Listener further clarify the inner emotions of the Speaker, and the Listener validates the Speaker's feelings, even if he or she disagrees with the other's perceptions. Listener concludes with the question: "What do you need?"



*Warning: If hurtful action or non-action takes place instead of completing the comfort circle, then the relationship will continue to deteriorate toward a lower level of distrust and pain.*

