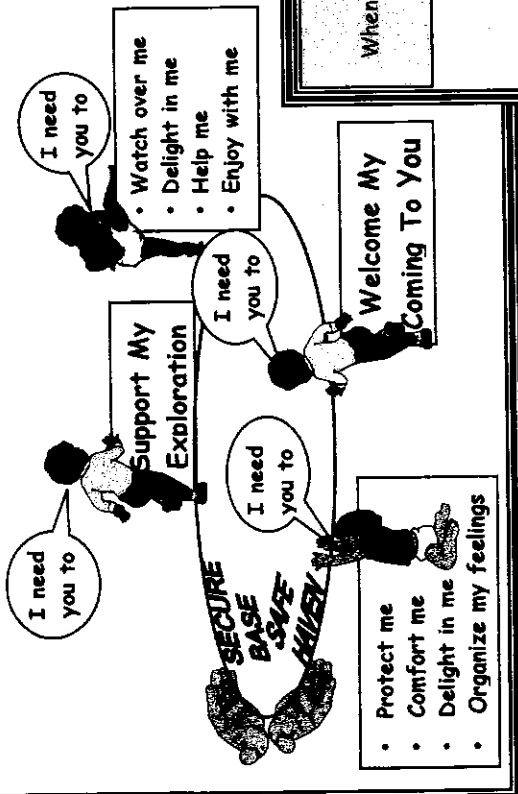


CIRCLE OF SECURITY



Recognizing Choice in the Continuing Saga of Rupture and Repair

RUPTURED CIRCLE

When the child's need feels overwhelming and the caregiver steps off the Circle, the relationship is ruptured.

I'm really lost—I need you—I don't know what to do with how I'm feeling.

When my child gets difficult, I often hear Shark Music and feel frustrated, powerless, lost, angry or afraid. All I see in that little face is anger or rejection or demands that make no sense so I step off the Circle.

Rupture is inevitable--
Repair is a choice

Choice

REPAIRED CIRCLE

When the caregiver returns to the Circle, acknowledges the rupture, and addresses the child's needs, the relationship is repaired.

When I see that you need me, it is easier to be the Bigger, Stronger, Wiser, and Kind.

SECURE BASE SAFE HAVEN

When I get difficult, what I'm really saying is

- Take charge
- Be kind
- Don't take it personally
- Stay with me so we can create new options to deal with these feelings that are too much for me to handle alone.

Sometimes ruptures happen when children have tantrums, but caregivers step off the Circle for a variety of reasons including when children feel sad, afraid, ashamed, too excited, or seek comfort or independence.