

## Increasing Emotional Attachment

Remark: Homework for this section is Emotion regulation Homework

- A. Emotional attachment connects people. This attachment is located within families and keeps society together. Emotional attachment allows us to understand and sympathize with others.
- B. Despite these clear social reasons for emotional attachment, individuals differ in the opportunities they have to deal with such attachment. People with antisocial issues are inclined to avoid or cut through attachment to others. Borderline individuals are inclined to get attached very fast and have difficulty to detach, even though their conscience tells them to do so.
- C. To be aware of the pros and cons of both attachment and detachment can help individuals to implement changes in their patterns of connectedness. People attach or detach to others for a reason (reasons). Sometimes we generalize one experience to many other situations. Sometimes we do this without knowing we do, sometimes without knowing the consequences of what we are doing.

Learning point. Discuss both social as well as individual pros and cons of both attachment and detachment. Mention the biological, economical and psychological pros of both attachment and detachment. Mention negative consequences associated with both. Begin with the identification process of pros and cons of having versus not having attachment (limited).

Discuss attachment during the group discussion and then point out *Emotion Regulation homework paper 5*.

- D. Sometimes individuals attach themselves because they cannot internalize behaviour that has to do with feelings of caring or compassion, or behaviour that makes others love them. Discuss the behaviours of others who: 1) reveal caring, compassion in participants, 2) make them feel that someone cares about them. *Overview Emotion Regulation Learning Indicator 11: random friendly acts (RFA)*. Add the contribution of the participants to this document.



- E. Sometimes individuals do not attach themselves because they do not see the *similarities* between themselves and others (example: discrimination). These individuals can increase their attachment to others by simply focussing on the similarities instead of on the differences.
- F. Behaviours only stay, or get stronger, if they are reinforced. Discuss *reinforcements of attachment and detachment*.
- G. A social support system of attachment reinforces. Discuss what a positive social support system would be. Discuss the effects of an inadequate support system. Discuss the strengths and weaknesses of their current support system. Consult how their current system can be improved. Mention Emotion regulation homework paper 5.



## Learn Indicator 1

### **INCREASE EMOTIONAL ATTACHMENT**

- Increase of emotions that link us to others (love, care, empathy, compassion)
- Increase of awareness of our communal experiences.
- Increase of behaviours that make the other feel like people care about them.
- Understand the reinforcements and positive and negative consequences of both detachment and attachment.
- The discovery and creation of a social support system.



## Learn Indicator 2

### **RANDOM FRIENDLY ACTS (RFA)**

Random Friendly Acts are activities that increase emotional attachment  
if they are done with  
**willingness and attention.**

Remark: some of the points on this list may be inapplicable or impossible in an inpatient unit, but have been added because they can be very useful if one is residing within society. Some point are applicable to an inpatient unit, but will need special planning/approval of staff.

1. Giving small presents.
2. Smiling at another.
3. Compliment another.
4. Make remarks of involvement, as: "I am worried about you."
5. Non-sexual touching, like a pat on the shoulder to encourage someone.
6. Going to see someone daily.
7. Telling others you've been thinking of them.
8. Having a chat.
9. Having a chat with someone who you don't know well.
10. If there are not enough resources, sharing (e.g. food, discussion time in the group, place in RT, etc.)
11. Agreeing when you do not agree, also when you don't feel like it.
12. Negotiating with others, also when you don't feel like it.
13. Accepting others' weaknesses (e.g. messiness, slowness or talking a lot) without negative remarks.
14. Participating in group activities (volleyball, barbeque, etc.) also when you don't feel like it, and focus on everyone having fun.
15. Encouraging the unwilling, shy, estranged to participate in the group activities.



16. Gathering people for group activities.
17. Organizing group activities
18. Organizing department functions.
19. Participating in the fundraising of the unit, also when you don't feel like it.
20. Notice and tell others how they resemble you (regarding positive qualities).
21. Holding open the door for someone.
22. Helping another with carrying things.
23. Helping another with his/her job.
24. Rebuilding the garden for patients who are very skilful
25. Cheering, (being a cheerleader).
26. Being polite, saying thank you and you're welcome.
27. Practice: "Awareness of your connection with the universe: in Pain Tolerance Hand-out 4.
28. Participating in religious services.
29. Participating in other department activities: e.g. bingo/Christmas play.
30. Action contrary to anger, fear, detached emotions (see Emotion regulation hand-out 10B).
31. Saying hi to someone you don't know or don't like.
32. Offering your services to a social organization (e.g. zoo, library, hospital).
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_



# HOMEWORK PAPER 1

## INCREASE EMOTIONAL ATTACHMENT

### Pros and cons of attachment and detachment

Instructions: Make a list of all the pros and cons that you can think of for attaching to others. Map personal and social consequences. Then make a list of the social and personal advantages of attachment of others.

#### Attachment

Advantages (positive consequences of attachment)

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Disadvantages (negative consequences of attachment)

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#### Detachment

Advantages (positive consequences of attachment)

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Disadvantages (negative consequences of attachment)

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## ATTACHMENT

### Reinforcers

Make a list of the behaviours (both of you as well as of others) that reinforce attachment. Behaviour also includes thoughts, feelings, remarks and observable behaviours.

- |          |           |
|----------|-----------|
| 1. _____ | 2. _____  |
| 3. _____ | 4. _____  |
| 5. _____ | 6. _____  |
| 7. _____ | 8. _____  |
| 9. _____ | 10. _____ |

### Refutators

Make a list of behaviours (both those of you as those of others) that punishes your attaching or decreases it (again, behaviour includes thoughts, feelings, remarks, and observable behaviours).

- |          |           |
|----------|-----------|
| 1. _____ | 2. _____  |
| 3. _____ | 4. _____  |
| 5. _____ | 6. _____  |
| 7. _____ | 8. _____  |
| 9. _____ | 10. _____ |

## DETACHMENT

### Reinforcers

Make a list of the behaviours (both of you as well as of others) that reinforce detachment: (behaviour includes thoughts, feelings, remarks and observable behaviours).

- |          |           |
|----------|-----------|
| 1. _____ | 2. _____  |
| 3. _____ | 4. _____  |
| 5. _____ | 6. _____  |
| 7. _____ | 8. _____  |
| 9. _____ | 10. _____ |

### Refutators

Make a list of behaviours (both those of you as those of others) that punishes your wish to detaching or decreases it (behaviour includes thoughts, feelings, remarks, and observable behaviours).

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
|----------|----------|



3. \_\_\_\_\_
5. \_\_\_\_\_
7. \_\_\_\_\_
9. \_\_\_\_\_

4. \_\_\_\_\_
6. \_\_\_\_\_
8. \_\_\_\_\_
10. \_\_\_\_\_

### **Social Support System**

Make a list of the people currently present in your support system. This includes both people within as well as outside of the institute. Note strengths and weaknesses of this support system.

Supporting person	Strength	Weakness
1.		
2.		
3.		
4.		
5.		

Identify 6 things that you can do to improve your current support system. Think of random friendly acts (RFA). Think of similarities. Make sure you are doing at least of one of these activities daily.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Notes: \_\_\_\_\_  
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