

Discovering Your COMMUNITY ATTACHMENT STYLE



FREE QUIZ*

*5 minutes - generic

CONNECT
before we
CORRECT

— Dr. Karyn Purvis

*I know who I am & whose I am.
I can go deeper with others.*

SECURE

PREOCCUPIED

I need you to like me.

**EARNED
SECURE**

*I'd rather avoid big feelings
& elephants in the room.*

DISMISSIVE

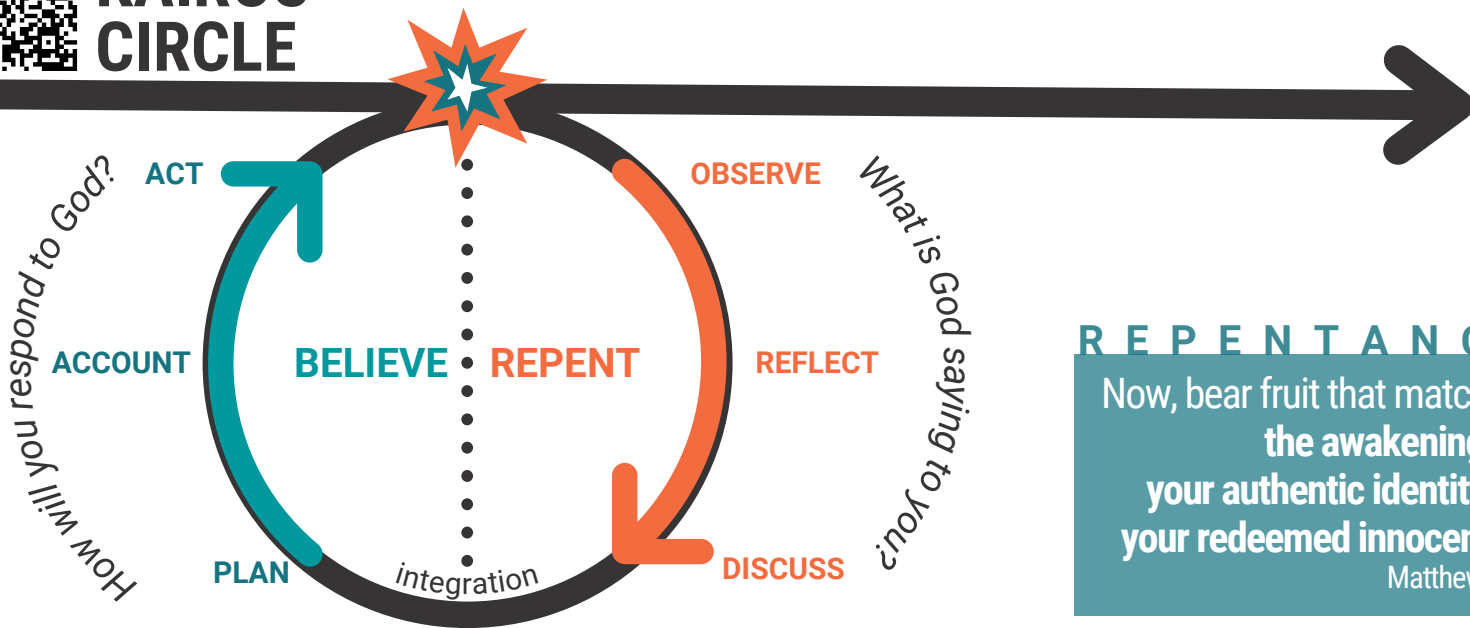
DISORGANIZED

*I'd like to be close with others,
but also not!*

Based on Attachment Theory by John Bowlby & Mary Ainsworth



**KAIROS
CIRCLE**



REPENTANCE

Now, bear fruit that matches
the awakening of
your authentic identity &
your redeemed innocence!

Matthew 3:8

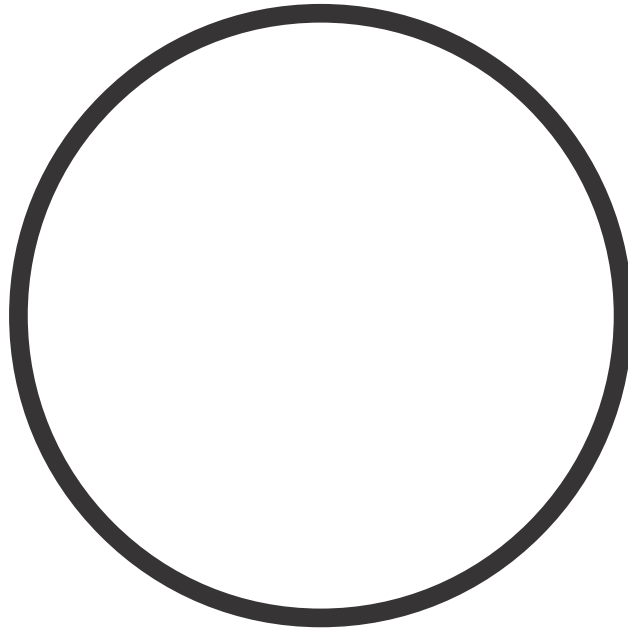


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BEING PRESENT WITH OTHERS

Concept of Circle of Security™

Select an influencing context you come from: *home upbringing, church community, culture, etc.*
The circle represents that context.



From the words below:

- Write the words that describe what you were free to experience with others ***in the circle.***
- Write the words that you experienced in isolation, ***outside the circle.***
- Write the words that were conditionally experienced with others ***on the line.***

JOY
SHAME

SADNESS
PAIN

FAILURE
SUCCESS

GRIEF
ANGER

CONFLICT
CHANGE

QUESTIONS TO CONSIDER:

1. How does my upbringing and life experience impact how I relate with others?
2. Are there internal issues preventing me, my church, or my ministry from having secure community attachment?
3. What are ways I can grow more secure with my relationships in my community?
4. How can caring for others in the community be mutually transformative?

