**Attachment Theory**

The emotional regulation system in all of us is made up of three levels. These three levels are shaped in our early experience in our closest relationships. They are addressed within the Thrive model: Being, Doing and Thinking. The good news is that with loving attention and repeated experiences we can reshape these three levels – or fill in any gaps – at any time if we are in a positive significant relationship. The Thrive Approach shows us how.

Because our emotional state has such an impact on the way we think and act, it profoundly affects our behaviour choices. Our behaviour in turn helps us to get on with others and to be able to settle to learning.

We can develop resilience rather than false fixed strength. We can feel empowered and confident to work with life rather than needing to have power over others or events. We can care about others as well as ourselves. We can be empathetic and compassionate rather than fearful and grasping. We can have dreams and ambition.

We can be creative and divergent in our thinking. We can aim for excellence without putting others down in the process. We can appreciate diversity and embrace change. We can love life and thrive.

***1***

**Physiological**

Being able to calm, soothe, slow down and make peaceful the bodily systems through breath, touch, voice, rocking, holding and a loving presence.

***2***

**Relational and emotional**

Being able to signal distress and ask for help, knowing that others experience the same emotion and can understand what we feel.

***3***

**Cognitive**

Being able to think through what might happen, being able to anticipate and plan or rehearse or remember the ways we've had success before.