

## Basic attachment messages and needs

- I am here for you. You are safe with me. I won't withdraw. (safety, security, trust, protection, rest, connection, peace)
- I see you. I hear you. I want to understand. (empathy, being seen and understood, acceptance, learning, integration)
- I love you. I support you. You matter to me. (love, safety, trust, support, power in their world, mattering)