



CONNECTION CHECKLIST

CREATED BY
JEN DECK

10 reasons you might be hurting your attachment.

You don't know about attachment

You don't know what you should be doing, so you're not doing it.

In essence to me this leads us to parent from fear.

We aren't confident in what we're doing. So we end up being overprotective, never wanting to say no, negotiating with them, distracting them when they get upset, or making everything work for them. This all takes away the secure base they'd instinctively lean on when facing challenges.

Abuse, neglect, or not providing basic needs

Too much separation

This is the opposite of attachment, so you're clearly not providing the basic need.

If you're not available, then there is room for insecurity to grow and intensify. The more things that distract you from your caretaking role, the more disconnection you cause.

You're not taking the lead

You're essentially asking them to do your job for you.

You're putting them in charge of things you should be in charge of and responsible for.

You're giving them too much choice

You can't over-consult with them on what they need. It causes alarm in their system that you're not sure what you're doing or what should be done.

You're not equals. They have to depend on you. And you have to know what they need. I know we want to be nice and ask what they need, but that's confusing to the body. You have to provide what they need without adding what to them is doubt and alarm.

Separation based discipline

Our reaction to feeling powerless is to try to control or force. But if you use separation to coerce them to comply this only creates alarm and resistance and damages the very attachment you want to uphold.

If you don't look at the root of the behavior as an alpha problem you approach the symptoms which only strengthens the alpha instincts.

Timeouts create separation. More alarm and further disconnection.

You're proving to them that your relationship is conditional. They have to be good enough in order to be close to you (separation) instead of being able to rest in your care (attachment)

The problem is your failure to assume the alpha role. It's from not being able to rely on you. So that's the only place you'll find the solution. Not in the symptoms, behavior. In the root cause, attachment.

Independence Beliefs

Not knowing that independence comes from attachment.

They only truly become independent in a healthy way from being able to first depend on you.

We all want our kids to be self-sufficient. The problem is how we seek to get there. You can prematurely push this along.

This can make you not invite or nurture dependence on you. You aren't typically as generous. To strengthen attachment you want to give more than what they expect or what they're pursuing.

When you push independence before they're developmentally ready, this isn't how it's supposed to happen, their body knows. They turn the alpha instincts over.

This growth is nurtured when first deeply rooted in attachment.

Parenting on demand

If you're tired, exhausted and busy then you're probably only taking care of the bare minimum. If your child has to ask for everything, that's really close to putting them in charge. They may seem more demanding because they're actually just always reminding you of what they need. And they might continue to get louder to try to make the message clear you're not really doing your part in the attachment relationship. You have to be proactive. Meet their needs before they have to ask.

Not being the safe space

You decide what they can have or do.

These are boundaries and usually mean a limit or a no. Which is going to bring frustration on their part into play. You have to be the safe place for them to be able to access their vulnerable feelings, to feel through frustration to sadness and release it.

Competing attachments

This can be peers or even things like screens.

**I hope that this checklist supports you
in understanding attachment a little better.
When you're ready to go deeper and get it all...**

THE FUNDAMENTAL SPIRAL

You already have your power to parent.
Your child already has the instincts to be parented.
You have to know how attachment works to be a part of its purposeful plan.
This journey can be a fight or it can be a dance!
You each take your appointed role and it all works as it's intended to.
So it's the easiest for you and the best way for them.
You don't waste your life in places that don't matter or work,
so they reach their fullest potential.
You don't have to figure out, force, control, or manipulate an outcome
that you even question is right or wrong, good or bad or best.
You make it through without the sacrifice, strife and sorrow
that comes from working against and in total opposition to
the perfect arrangement in which a human grows.
When you align with nature they'll turn out better than you could ever plan
or do on your own. We're down the village, but we still have attachment ☺
It's forever and naturally within you to use.
Join me in the FUNDAMENTAL Spiral so I can show you the way!

[Start My Spiral!](#)

**Visit the website, themomspiral.com
for more Spirals and resources ♥**





Hi! I'm Jen. If you're new to my world, thank you for being here.
I'm glad you found me ☺ because I've got some really good stuff to share!
I'm here to help you understand attachment
so you can access your innate power to parent easily and effectively.
So you can get your child to full maturity without blame, shame, guilt, or regret.

This all began as a daily prayer for 30 years? Then I became a mother to Ily,
then to Chloe and then a car hit my house 2 inches from her crib.
A portal opened to my healing and set me on this path of my true purpose
and mission in this lifetime. God gifted me this huge message to share.
To walk through and experience and integrate and embody fully.

Please take the time to absorb as much as you can.
I always say that the awareness piece can be enough to shift so much in your life right now.

I'm committed to spread this message as much
and to as many as I can and show up fully as an open channel
for everything that needs to come through me for you.
I'll make it all make sense and show you how to apply it to your life.

My intention is to give you the knowledge so you can find what has been hidden or lost.
My passion is showing you the way to your truth, power
and real connection to your one and only body!
It's the most important relationship to establish, uphold and cherish.

I hope we connect soon ♥

Love, Light + Healing, Jen

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