

Mom/Dad, when I get upset (frustrated, withdrawn, whiney, demanding, out of control):

**SECURE  
BASE**

**SAFE  
HAVEN**

My behavior  
actually  
means  
that  
I need  
you.

I need you to:

- ◆ Be calm
- ◆ Take Charge
- ◆ Be kind
- ◆ Stay with me until we both understand this feeling that seems too much for me alone
- ◆ Help me return to what I was doing, with a new option

"I don't  
know  
what to do  
with how  
I'm feeling."



# CIRCLE OF REPAIR

Helping My Child Trust that Our Relationship  
Will (Almost) Always Set Things Right