



# HEALING ATTACHMENT TRAUMA

From Disconnection to Deep Belonging

01

## What Are Attachment Wounds?

Early relationships teach us whether connection feels safe. When emotional needs weren't met consistently, we may grow up expecting rejection, distance, or instability in relationships.

02

## Signs It May Be Affecting You

- Anxiety or distance in close relationships
- Strong fear of abandonment or rejection
- Harsh self-criticism or feeling "not enough"
- Emotional overreactions or shutting down
- Difficulty setting healthy boundaries



03

## How It Can Impact Daily Life

- Wanting connection but pushing people away
- Repeating unhealthy relationship patterns
- Numbing feelings through overworking or other distractions
- Feeling ungrounded, unsure, or emotionally guarded



04

## What Healing Makes Possible

- Feeling safer and more secure in relationships
- Responding calmly instead of reacting from fear
- Developing self-trust and self-compassion
- Building relationships that feel supportive & stable



05

## Try This Grounding Tool: Name – Soothe – Choose



### Name what you feel

"I notice I'm feeling scared they'll leave."



### Soothe your body

Slow breath in for 4 seconds, out for 6. Place a hand on your chest.



### Choose your response

Ask: "What would I do right now if I felt secure?"  
Take one small step from that grounded place.

## YOU DON'T HAVE TO HEAL ALONE

Therapy Villa offers trauma-informed, relationship-focused therapy in a safe and supportive space.

**BOOK YOUR FREE CONSULTATION TODAY**

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