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Relationships (what most people want) Compassion Trust Loyalty Honesty Forgiveness Respect Within an unhealthy relationship, bonds are formed externally, and whether this is through addiction to sex, substances or with connection the person forms and unhealthy attachment to these. Leaving the person with a negative association to people.

2

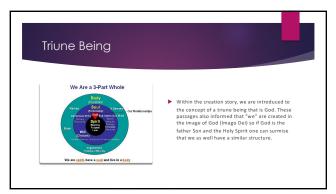
Relationships ► Why is it so hard to engage with others? ► In all the things I have surveyed one common factor is fear ► Will Smith is quoted saying "the best things in life are on the other side of fear. (2017)

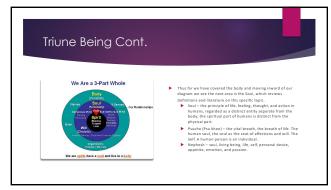
Mental Health Reviewing attachment theory, we see Bowiby developed several styles to explain attachment to not only caregivers but later in life relationships. Mary Ainsworth furthered Bowiby's research to show attachment styles/patterns (Duschinsky, 2020) Secure Avoidant Anxious/ambivalent

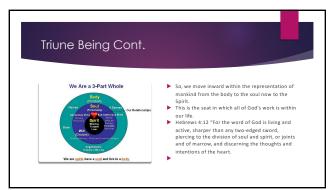
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Mental Health Some individuals we find with an addiction or mental health diagnosis have underlying trauma. This trauma is persistent in causing the individual to experience shame and guilt. Focusing solely on the biological or psychological in treatment leaves a whole separate part of the person vulnerable. Maslow wrote, "[1]he spiritual life is . . . part of the human essence," then failing to account for this as a part of normal, healthy human development would be doing our clients a disservice and rendering our caregiving efforts less effective (as cited in Love & Talbot, 2009, p. 621).

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Biblical Approach Love is at the center of all of this, not only a romantic type of love but a relational love for others and to engage in a healthy positive way with ourselves and those around us. 1 Corinthians 13 1-3 ▶ "If I could speak all the languages of earth and angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, lowould be nothing. all I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing." (Holy Bible, New Living Translation, 2015)

Τιατ's Greek to me! Τια οὖν ἡρίστησαν, λέγει τῷ Σίμωνι Πέτρῳ ὁ Ίησοῦς, Σίμων Ἰωάννου, ἐτιπτῶς με πλέον τούτων? Λέγει αὐτῷ Ναί Κόριε; σὐ οἶδας ὅτι ταλῶς σε. Λέγει αὐτῷ, Βόσκε τὰ ἀρνία μου. John 21:15 "After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him."

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Biblical Approach cont. In Matthew 22: 37-39 "Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A second is equally important: "Love your neighbor as yourself." (Holy Bible, New Living Translation, 2015) This ultimately leads us to the the Biblical solution Admission Confession Surrender Forgiveness

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Posschinsky, R. (2020). Cornerstones of attachment research (First ed.). Oxford University Press. ▶ Hendrick, C., & Hendrick, S. (1986). A theory and method of love. Journal of Personality and Social Psychology, 50(2), 392–402. https://doi.org/10.1097/s022-8614-502-292 ▶ Holy Bible. New Living Translation, (Oxford). New Living Translation, (Oxford) work published 1996). https://doi.org/10.1097/s022-8614-502-861