

# *Reframing* "ATTENTION SEEKING"

by looking beyond behaviour to unexpressed needs



## **CONNECT WITH ME** *(Connection Seeking)*

SEE ME, HEAR ME, ACCEPT  
ME; SHOW INTEREST &  
DELIGHT IN ME; HOLD  
ME IN YOUR MIND



## **UNDERSTAND ME** *(Attunement Seeking)*

CONSIDER & RESPOND TO  
MY NEEDS; ORGANISE,  
VALIDATE & HOLD MY  
FEELINGS; BE CURIOUS  
ABOUT WHAT'S HAPPENING  
FOR ME



## **PROTECT ME** *(Attachment Seeking)*

SEE MY EXTREME DISTRESS  
AND THE DIFFERENT WAYS  
IT IS BEING EXPRESSED;  
SUPPORT ME TO REGULATE;  
HELP ME TO FEEL SAFE

Hidden Treasure with Tracey Farrell