

The title 'ATTUNE TO ATTACH' is written in large, bold, black letters. The word 'ATTUNE' is on the top line, 'TO' is in the middle, and 'ATTACH' is on the bottom line. The letters are decorated with colorful musical notes and staff lines. Four cartoon children are positioned around the text: a girl in a yellow dress on the left, a boy in a blue shirt and cap in the middle, a boy in a striped shirt on the right, and a girl in a green dress on the far right.

# ATTUNE TO ATTACH

Taught by Maribeth Poole



# WORKSHEET

# Attune to Attach Worksheet

Developing the skills needed to attune with one another. A course to prepare us to love one another wisely.

Maribeth Poole

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Version 1

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This course is one of a series of courses designed to develop an understanding of how God made us, how we have been relationally compromised and how to restore one another in love.

Use her DVD, workbook and worksheets to get the most out of the training.

Enjoy attuning with one another during each session.



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# Making Attunement Practical

## Exercise Instructions:

- Go through each emotion and jot down a time that you felt each emotion.
- Go through again and jot down a time when you were with someone who felt each emotion.
- Go through each of the above scenarios and reflect on how you responded.
- This will give you some insight into how well you regulate yourself with each emotional category and which ones it would be good for you to grow in.
- This will give you some insight into how well you were in attunement with the person. Or your own subtle agenda kicked into play.

## Assessing Our Practice

### Anger

A. When I felt anger.

B. When someone else felt anger.

## Sadness:

A. When I felt sad:

B. When someone else felt sad:

## Fear:

A. When I felt fear:

B. When someone else felt fear:

## Disgust:

A. When I felt disgust:

B. When someone else felt disgust:



## Powerless:

A. When I felt powerless:

B. When someone else felt powerless:

A. When I felt shame/ guilt:

B. When someone else felt shame/guilt:

## Immanuel Attunement Exercise

- Appreciation... to help us get in touch with the connection we have
- Tune in to what God is aware of....
- Write down your best “guess” as to what God is aware of and communicating
- What does God feel physically?

## Immanuel Attunement Exercise continued

- What does He see?
  
  
  
  
  
  
  
  
  
  
- What does He hear?
  
  
  
  
  
  
  
  
  
  
- What does He feel?
  
  
  
  
  
  
  
  
  
  
- Is He glad to be with you?
  
  
  
  
  
  
  
  
  
  
- Is He big enough to do something about the situation?



# ATTUNE TO ATTACH



How to grow an ever increasing  
“**Earned Secure**” attachment  
through attuning with one another

Designed by **DEDICATED**  
*Web Design*

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