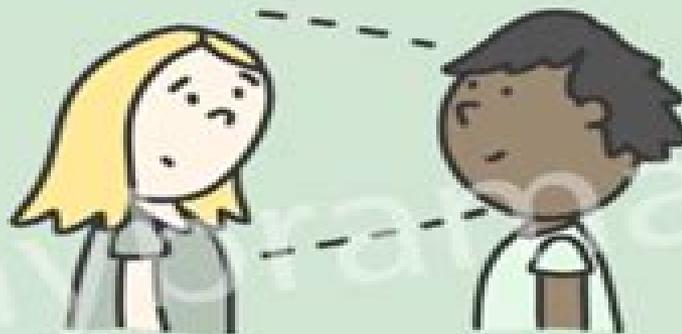


ATTUNEMENT

@LINDSAYBRAMAN FROM A LECTURE ON ATTACHMENT @ALLENDERCENTER

BEING ATTUNED TO
FEELS LIKE
being the center
of someone's attention



other people's
NEED

CAN BE
TERRIFYING,



BUT...

we don't have to
MEET needs, just
show up & validate.

GOOD ATTUNEMENT

requires being able

to: **READ** **SEE**

&

STAY PRESENT

to people even in
hard conversations

ATTUNING IS A CHOICE

(& it's hard!)

Attunement With Life

R Barnett



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