

How does our attachment style affect relationships?

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SUMMARY

The speaker emphasizes the profound responsibility of parenting, framing it as a divine duty to protect, nurture, and advocate for children in a complex world. This foundational relationship shapes not only the parent-child bond but also influences every future relationship the child will have throughout their life.

- *Parenting involves protecting and nurturing children, instilling a sense of safety.*
- *Children need to feel secure in their relationship with their parents.*
- *The quality of attachment formed in childhood affects all future relationships.*
- *This attachment influences relationships with spouses, friends, and even self-perception.*
- *The implications of parenting extend beyond childhood into adulthood.*
- *Establishing a secure attachment creates a positive relational schema in the child's brain.*

But when you reframe it as like God gave them to me so that I could protect them and love them and nurture them and care for them and advocate for them in this big scary world that they don't know about. They need to know I'm their protector and their father of course too and that's implicit everything I'm saying but I'm their protector. I'm going to make sure that they're okay. And no, I'm not going to necessarily give them everything that they want. But that is really the crux of what attachment is. And if you don't mind me going into implications for a minute, you know, why we need to care about this is that it not only sets the stage for my relationship with my child, but literally every relationship they will have throughout the lifespan. Y so their relationship with their spouse and their friends and God as we talked about their relationship with their boss themselves we are creating a schema or a pattern in their brain for what they're going to expect from relationships. So the the implications of this are far beyond that first year of life or even their childhood, but really looking to this will inform all of them.

[Music]