

Attachment is the science of relationship - Dr. Gordon Neufeld

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SUMMARY

Attachment is a fundamental aspect of relationships, influencing not only human connections but also the very fabric of existence. Recent discoveries reveal that the primary drive in mammals is not merely survival but the need for togetherness, highlighting the essential role of relationships in ensuring survival.

- *Attachment is the science of relationships, integral to all life forms.*
- *The brain's structure reflects the importance of attachment through interconnected neurons.*
- *The primary drive for mammals is togetherness, not just survival.*
- *In threatening situations, individuals instinctively seek their loved ones for safety.*
- *Togetherness enhances survival probabilities, emphasizing the evolutionary significance of relationships.*
- *Attachment is a default drive, fundamental to human and mammalian behavior.*

Attachment really is the science of relationship. And we're all in relationship. Every particle in the universe is in relationship. The brain is made up of neurons that are attached. There's no life outside of attachment. So, some people think it is simply an idea. No, attachment is the relationship of everything and the science of it. The absolutely exciting discovery was when science assumed it was our survival that was the basic drive. Only to find that in mammals, it is not survival. It is a need, but the drive is to togetherness.

And it makes perfect sense because the way our evolved intelligence is is that our survival lies in our togetherness. And so, when there's a threat to togetherness, you know, if there's an earthquake or a fire, we don't say where's safety, we say where's mom, where's dad, where's my wife, where's my husband? And we will go through danger to get there. Our drive is to togetherness because the probability of survival lies in our togetherness. So, when we study the brain, it is the fundamental, the primary, the primordial, the preeminent drive. It's a default drive. So, it is basic, very basic.