

FOR LOVERS ONLY - LOVE IS NOT CRAZY X

BONDING TO OTHERS

¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Ephesians 4:14-16

- I. How we grow / We grow by working through four distinct developmental stages.
 - * Bonding to others. Saying yes to love.
 - * Separating from others. Saying no to evil.
 - * Sorting out good and bad. Buying a gray scale.
 - * Becoming an adult. Release from parent/child relationships.
 - A. Bonding to others / Saying yes to love.
 1. Bonding to others, or attachment, is our deepest and most primary spiritual and emotional need.
 2. God is relational and he created us as relational beings. (I John 4:16) From the womb we need connection with God and others for comfort, safety and a sense of belonging nurturing and meaning.

¹⁶ And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

3. People injured during this stage who do not bond as infants and children have a great difficulty trusting, being intimate and depending on others.
4. Growth is a process. We need a safe place of love, helpful information about ourselves, and time to practice and fail.
5. “Grace” says you belong no matter who you are or what you do. You are a part of the family; you matter. Grace is the heart of emotional growth.
6. Truth is its skeleton, its structure. Truth is the information we must learn in order to live life.
7. Time is the incubator in which Grace and Truth produce their fruit.

II. Four attachment styles

A. Secure attachment style. Positive self / Positive other.

1. Self Dimension

- * I am worthy of love.
- * I am capable of getting the love and support I need.

2. Other Dimension

- * Others are willing and able to love me.

B. Ambivalent attachment style. Negative self / Positive other.

1. Self Dimension

- * I am not worthy of love.
- * I am not capable of getting the love I need without being angry and clingy.

2. Other Dimension

- * Others are capable of meeting my needs but might not do so because of my flaws.
- * Others are trustworthy and reliable but might abandon me because of my worthlessness.

C. Avoidant attachment style. Positive self / Negative other.

1. Self Dimension

- * I am worthy of love.
- * I am capable of getting the love and support I need.

2. Other Dimension

- * Others are either unwilling or incapable of loving me.
- * Others are not trustworthy they are unreliable when it comes to meeting my needs.

D. Disorganized attachment style. Negative self / Negative other.

1. Self Dimension

- * I am not worthy of love.
- * I am not capable of getting the love I need without being angry and clingy.

2. Other Dimension

- * Others are unable to meet my needs.
- * Others are not trustworthy or reliable.

* Others are abusive and I deserve it.

III. The three components of a loving relationship. Those who connect lovingly with others are able to:

- A. Have an emotional connection with others,
- B. Disclose private thoughts and feelings, and
- C. Participate in non-sexual touch.

IV. We need C.A.R.E.

- * C. Connectedness
- * A. Awareness
- * R. Responsiveness
- * E. Empowerment.