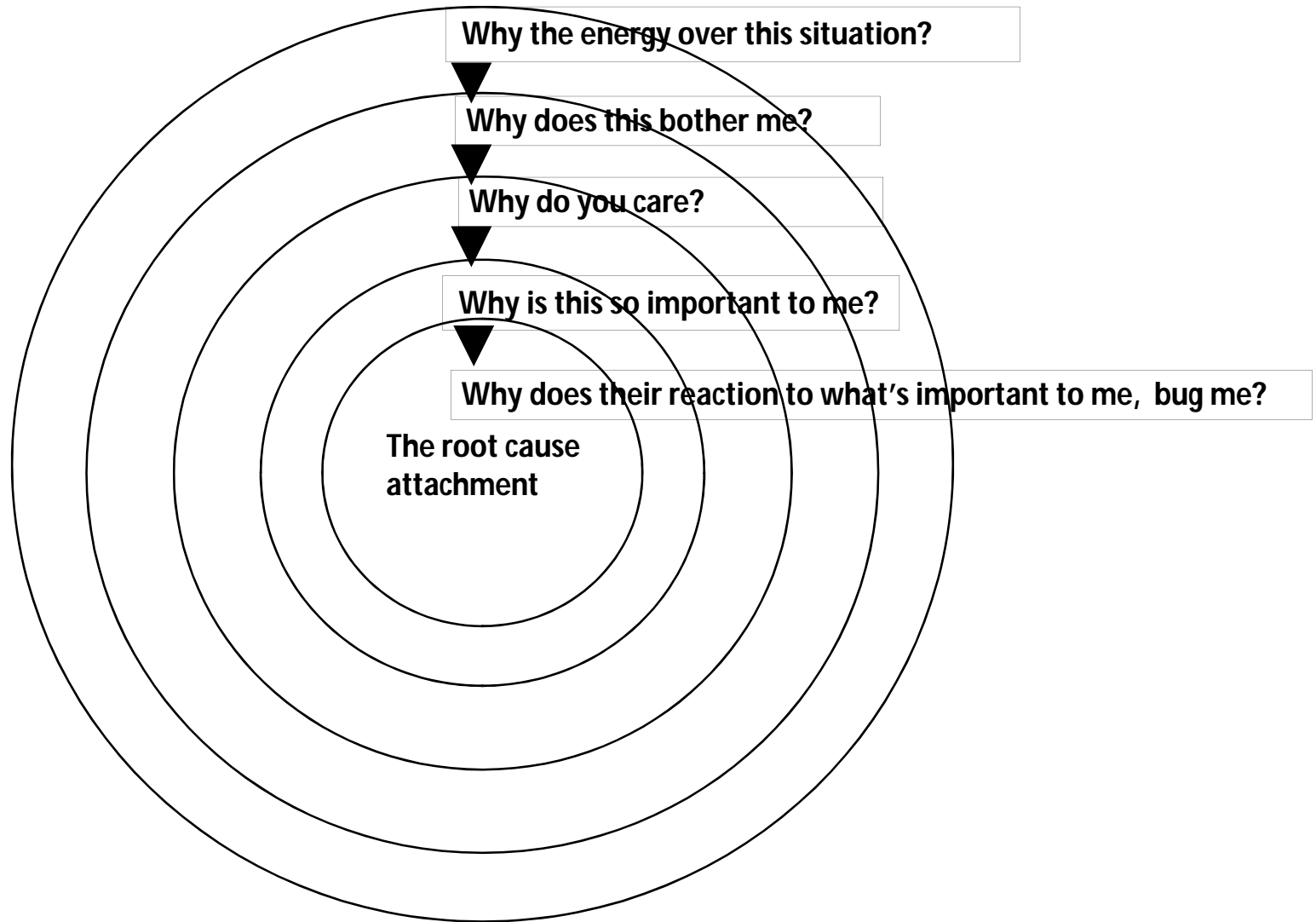


Identifying Attachments: 5-Why's to Root Cause

Describe the situation/conflict that is winding-you-up.



Attachments

- Competence
- Security
- Respect
- Worthiness
- Integrity
- Acceptance
- Approval
- Honesty
- Valued
- Appreciated

Early Warning Indicators of the *Attachment Zone*

- Pulse quickens
- Hot earlobes
- Sweaty hands
- Voice volume
- Go silent
- Splotchy forehead
- Stuttering
- Hollowness in chest
- Eyes “suck-in”
- Ears blister
- Dry mouth
- Prickly heat in stomach
- Tunnel vision
- Tingling in back of head
- Heat in back of neck
- Loss of eye control
- Clenching three fingers
- Knees shaking
- Nose flair
- Butterflies in stomach
- Red faced
- Vein protrusion
- Tense throat