



AN IN-DEPTH LDDK AT THE MAKING OF A BULLY

1. Humans, all mammals actually, are creatures of attachment.
2. Attachment is our preeminent need and shapes our personality & behavior.
3. The limbic system in the brain is where attachment is orchestrated.
4. The first order of business for the 'attachment brain' is to facilitate two factors in relationships; one who depends and the other who does the care-taking.
5. In healthy attachment relationships, there are two basic sets of INSTINCTS that ideally come to the surface - alpha instincts (to provide) and dependent instincts (to seek).
6. These alpha & dependent drives are meant to be fluid & responsive to the situation and relationship, but for some this can become rigid and define one's personality.
7. In the role of caretaker, our limbic system should move us to; assert dominance, assume responsibility, care for and take care of.
8. In order to 'provide' for our children, we must be attentive to signs of vulnerability and challenges to our alpha.
9. Humans are **easily** wounded. When one's vulnerability is unbearable, the brain can **numb out** the more vulnerable feelings and cancel the corresponding impulses.
10. Hence, the emotions and impulses associated with caring & responsibility are more vulnerable than those associated with dominance and therefore all we have left is a quest for dominance.

CONCLUSIONS TO BEAR IN MIND:

1. EMBEDDING BULLIES IN NATURAL HIERARCHICAL RELATIONSHIPS
2. SOFTENING THE BULLY'S HEART

Based on Dr. Gordon Neufeld's work combined with years of my research both professionally and personally.

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