

CORE NEED	SURVIVAL ADAPTATION	STRATEGY USED TO PROTECT THE ATTACHMENT RELATIONSHIP
<b>Connection</b>	Foreclosing connection Disconnect from body and social engagement	Children give up their very sense of existence, disconnect, and attempt to become invisible
<b>Attunement</b>	Foreclosing the awareness and expression of personal needs	Children give up their own needs in order to focus on the needs of others, particularly the needs of the parents
<b>Trust</b>	Foreclosing trust and healthy interdependence	Children give up their authenticity in order to be who the parents want them to be: best friend, sport star, confidante, etc.
<b>Autonomy</b>	Foreclosing authentic expression, responding with what they think is expected of them	Children give up direct expressions of independence in order not to feel abandoned or crushed
<b>Love–Sexuality</b>	Foreclosing love and heart connection Foreclosing sexuality Foreclosing integration of love with sexuality	Children try to avoid rejection by perfecting themselves, hoping that they can win love through looks or performance

**TABLE 1.1:** Foreclosure of the Self to Maintain the Attachment Relationship