

Exercises to Promote Integration for Disorganized Attachment

Following are some basic practices to help you integrate your brain if you've had a history of disorganized attachment. These practices are inspired by Dr. Dan Siegel's book [Brainstorm](#).

Journaling

With a history of disorganized attachment, it is helpful to keep a journal and write about the times when your internal world may have felt like it was fragmenting. What do you think triggered such dissociation? When did you first feel like you were starting to "unravel?" Try to go back to the moment just before you felt disconnected or fragmented. How did you feel in that moment? You may feel sad or scared when you think back on that moment, but recognizing and allowing those feelings can help you reconnect with yourself. As you continue writing in your journal, you may begin to notice common triggers throughout your life, which can be of great value to you.

SIFT Through Your Writing

Go back and read through the writing exercises from this eCourse that evoked particularly strong emotions in you. Keeping in mind that disorganized attachment is a pattern you may have developed in response to terrifying and disorienting experiences of trauma or loss in your early life, reflect on your responses and begin to notice any past experiences that may be unresolved. SIFT your mind for sensations, images, feelings, and thoughts that may come up as you reflect on any times you felt terrified, rejected, or abandoned as a child, or any times you experienced loss. Focusing on your breath or practicing the Balancing Your Mind exercise from the Skills Section can help you as you explore your experiences.

RAIN

The RAIN Approach, which can be found in the Skills Section of your eCourse, is a wonderful practice to help you heal your mind and bring more integration into your life. Taught by psychologists Jack Kornfield and Tara Brach, the RAIN acronym can be very helpful in bringing unresolved issues to resolution. The idea is to **R**ecognize the trauma or loss, **A**ccept that it occurred and may not be resolved, **I**nvestigate the nature of the experience in your past and present life, and have **N**on-identification with the experience, meaning that you do not let that event define you.

Balancing the Mind

Balancing the Mind, which is also available in the Skills Section, is a simple practice that can help promote integration during times of chaos or when reflecting on painful memories from your past. Simply place one hand on your chest—over your heart—and one hand on your abdomen. Apply a small amount of pressure with each hand and see how you feel. Now try switching the position of your hands, so that the hand on your chest moves to your belly and vice versa. Place a gentle amount of pressure with your hands and notice how this feels. Now place your hands in whichever position feels best and simply breathe in and out slowly until your body starts to relax and your mind feels calmer.

