**Playbook to Inject the Healthy Undercurrent of Attachment**

*Unmet Primal Need Seed*

**Increasing Emotional Closeness**



**As a family, we will all follow this plan to help us to feel connected and secure!**

**WHO:**

* Mom & kids (Johnny & Chelsea), and Dad when he returns from the field

**WHAT:**

* Eat dinner together 3 times a week
* Follow the “Table Talk” Prescription
* Dad and Johnny will go on a special outing each week for the next 2 months

**WHEN:**

* This Playbook will begin Monday, October 26
* The Dinner together will occur each Monday, Wednesday and Saturday at 6pm
* The special outings with dad will begin as soon as he returns from the field (in 30 days)

**WHERE:**

* In our home

**HOW:**

* We will follow the instructions below for the “Table Talk” Prescription
* Mom and Johnny will make a tentative list of Special Outings and will be confirmed by dad when he returns from the field

Table Talk Prescription:

* At the dinner table, each person has 5 minutes to share their “hi/lo” moments of the day
  + Mom goes first, then Johnny, then Chelsea
  + Once dad returns from the field, he will go before mom
  + Each person will hold the “hi/lo” stone when sharing and only the person holding the stone can talk. Thus, no one is allowed to comment on another person’s “hi/lo” report
* Each person pulls a name out of the jar and gives a word of appreciation or a compliment to that family member