
Healing in Relationships Through Somatic and Attachment-Based Approaches



EBOOK



VOSESOMATIC

BY Daniel Vose

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**"You have the power to be your partner's greatest healer, just as they can be yours."
-Daniel Vose**

Introduction: The Power of Healing in Relationships

Healing in relationships is an ongoing process, one that requires deep understanding of both our own and our partner's emotional and physical needs. When we have unhealed wounds from the past, it's often challenging to be present and connect with others in healthy ways. This ebook explores how somatic approaches and attachment-based frameworks can support lasting healing in relationships.

Understanding core wounds—such as abandonment, betrayal, and neglect—is key to understanding how we respond in relationships. Often, our most reactive behaviors stem from these wounds, and the key to healing lies in addressing them directly with awareness, compassion, and the right kind of support.

This ebook offers you a way to begin healing in small, manageable steps that you and your partner can practice together. By learning to notice and integrate bodily experiences of repair, you'll be able to rewire the nervous system and create more secure, loving connections.



Chapter 1

Core Wounds and Reparative Experiences

What Are Core Wounds?

Core wounds are deep emotional scars that often form early in life. They are rooted in early attachment experiences and the messages we received from caregivers, loved ones, and society. These wounds show up in our relationships as deep-seated fears, insecurities, and behavioral patterns that we may not even be fully aware of.

How to Use the 1% Practice for Healing

It can be difficult for us to let in the healing experience we need. Our nervous system often resists change, even when we're actively trying to heal. The 1% Practice is a simple yet effective way to work with this resistance.

In essence, it's about starting small: if you find it hard to believe or experience the reparative experience fully, try believing in it just 1%. For example, if your partner's core wound is abandonment, you might say, "I'm not going anywhere," and ask them to notice how it feels to believe 1% of that reassurance. This tiny shift is often enough to begin rewiring the nervous system and healing the old wound.



Disclaimer: While we can never predict exactly what will happen, the part of the brain that fears abandonment needs to have a reparative experience. Just like a child who fears their parent will die, they don't need to hear that you aren't sure how long you'll be around—they need reassurance that you aren't going anywhere.

Core Wounds & Reparative Experiences

The goal in healing is to induce the nervous system state associated with taking in the reparative message. While the reparative message (such as reassurance, support, or validation) is important, true healing happens when we allow the body to experience it. In other words, it's not just about hearing the words, but about feeling the experience of the repair in the body.

Ask yourself or your partner to notice what it feels like in the body when you allow yourselves to take in the repair. This shift helps to rewire the nervous system and heal old trauma.

CORE WOUND	REPARATIVE MESSAGES	INDUCING THE NERVOUS SYSTEM STATE (EXPERIENCE)
Abandonment	"I'm not going anywhere." "We will figure this out together, no matter what it is." "You couldn't get rid of me if you tried." "You are safe with me. I will always show up."	Notice what it feels like in your body to believe even 1% of those messages. What happens in your body when you feel safe and not abandoned?



CORE WOUND	REPARATIVE MESSAGES	INDUCING THE NERVOUS SYSTEM STATE (EXPERIENCE)
Betrayal	"I am on your side, no matter what." "Even if you're wrong, I'll always have your back." "I will stand with you through this." "You don't have to do this alone."	Can you feel even a little bit of that support in your body? How does it feel to experience being safe and supported?
Neglect	"I see you, I hear you." "I'm here with you, not just beside you, but truly with you." "What you feel matters to me. I'm listening." "I care about what you need, and I'm here to meet it."	Let yourself feel the difference in your body when you receive that attention and care. What shifts in your body when you feel truly noticed and cared for?
Inadequacy	"I am proud of you." "You are enough just as you are." "You're doing better than you think." "I'm truly impressed by everything you've done."	Ask your partner, "What does it feel like in your body to hear these words?" Notice the difference in your body when you feel seen and appreciated for who you are.
Rejection	"You are chosen." "You are more important to me than anything else." "You matter more to me than I can express." "I choose you, always."	What happens in your body when you hear this reassurance? Can you allow your nervous system to settle into feeling chosen and secure?



Chapter 2

The Role of Attachment in Relationships

What Is Attachment?

Attachment refers to the emotional bond we form with others, typically beginning in childhood. It shapes how we interact with our loved ones and how we perceive ourselves in relationships.

Understanding your own and your partner's attachment style can help explain why you react the way you do, especially during times of stress or conflict.

The Four Attachment Styles

- Secure: Able to balance independence and intimacy, feeling comfortable in both close relationships and alone time.
- Anxious: Often worried about being abandoned, seeking constant reassurance, and fearing rejection.
- Avoidant: Values independence and space, often avoiding closeness and difficult emotions.
- Disorganized: A combination of anxious and avoidant behaviors, struggling with trust and emotional consistency.



Pain Points for Each Style

- Secure: May struggle with understanding emotional intensity or needs from their partner.
- Anxious: Fear of abandonment, difficulty trusting, need for constant reassurance.
- Avoidant: Tendency to pull away or shut down in moments of emotional need.
- Disorganized: Difficulty forming stable, consistent relationships, fluctuating between the need for closeness and fear of intimacy.



Chapter 3

Effective Communication for Each Attachment Style

How to Communicate with a Secure Partner

Secure individuals tend to feel comfortable with emotional expression, but it's important to communicate directly, with vulnerability and openness.

How to Communicate with an Anxious Partner

Anxious individuals need support in slowing down, taking in the good, and feeling reassured. Use phrases like, "I hear you," "That must feel hard," and "Tell me more." Match their pace and offer plenty of validation.

How to Communicate with an Avoidant Partner

Avoidant individuals often need time and space to process emotions. Patience is key. Try saying, "I would feel X if that happened to me," to help them identify and articulate their feelings.

How to Communicate with a Disorganized Partner

Communication with disorganized partners should be clear and nonthreatening. Focus on reassurance and calmness to help them feel safe to open up.



Chapter 4

Communicating in Intense Situations

Understanding the Trauma Response in Communication

In moments of conflict or emotional intensity, it's common for partners to overreact or underreact due to past trauma. Their behaviors may be a response to a core wound triggered in the present moment.

How to Respond to Over- or Under-Reactivity

When your partner is reacting intensely, try to first identify the core wound they may be experiencing. Validate their feelings, and offer reassurance to their nervous system. Use phrases like, “I see you,” “I’m here for you,” and “Take your time.”



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Conclusion:

This ebook has introduced you to some powerful tools for healing in relationships. The journey doesn't end here. If you're ready to take these concepts deeper, I invite you to explore the full course, where we'll dive into attachment theory, somatic healing, and effective communication strategies to create lasting change in your relationship.



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