

The Attachment Injury Resolution Model

From Makinen & Johnson, 2006 & Zuccarini et.al., 2013

Phase 1 AIRM Goals

Explore the impact of the injury on the **hurt** partner

Explore the **hurtful** partner's response & impact on them

Unpack emotional experience & attachment significance of the event for each partner

Identify the negative cycle that blocks healing & access glimpses of softer emotion

Phase 2 AIRM Goals

Accessing & processing the **hurt** partner's primary emotions relating to this injury
+
Helping them to vulnerably share this with the other

Accessing & processing the **hurtful** partner's primary emotional responses
+
Helping them to express responsibility, remorse & apology

Phase 3 AIRM Goals

Hurt partner takes in the apology & can now ask for attachment needs - for reassurance

The **hurtful** partner is responsive to these needs
ANTIDOTE BONDING EVENT