

Thought Journal

1/24/22 Day 1- After taking the quiz I was very surprised to see that I scored a 46% in secure. Wow! However I could see that in the past I was much more dominant avoidant and anxious avoidant, maybe even a lot of fearful because I could even see how I used to be manipulative. As we went through the characteristics of each attachment style I as well used to be very insecure. With my new security though I know that it came from knowing God as my Father and Jesus as my Lord and savior. As I know God my father and who he says I became more confident and less fearful. I've felt the love of the Father, the love which no one can fill. Then to learn more truth about God's love, how he loved us so much he sent his only son to die for our sins. To study what the blood of Jesus does for us, it allows us to overcome, it allows us to come boldly in God's presence. To have freedom in Jesus has made me even more secure and I can see the power of the trinity in my healing. I want my daughters to take the quiz as well, to see where they are and raise them up to be more secure in God and his word and know that they need not to doubt or fear because of Jesus. I see how attachment styles are formed over time. My 2 year old son of course is very attached. He is just a toddler, as I put him to sleep for his afternoon nap, most times I have to lay with him and hold him tight and securely before he falls asleep, like most toddlers and babies. I see this as a mix of fearful and anxious, yet I make him feel secure by holding him until he falls asleep and waking him up by seeing me so he "knows", mommy was here the whole time and never left. As time goes on I appreciate this teaching on attachment styles so I can raise my kids to be more secure in God's word, his love, his freedoms and promises.

1/25/22 Today was my husband's first day back at work in 10 days. First some covid thing, then a broken conveyor belt and then this and that. My second highest score on attachment styles was dominant avoidant. I can agree with that because I do appreciate my freedom and independence even though I'm married. I like that he works full time and me part time and that I serve also because it gives me enough time away from him and enough time with him. Yes I am grateful that I even get this much time with him and know other couples are longing for the time we have. However I also was a single mom for 7 years. I had to do everything by myself. I had that tough guy exterior. It was going to get done with or without whoever I was dating at the time. Now I have learned to submit to my husband more often, yet the dominance is still there. I understand how I need to be careful with advising people because even before I had the strength of the lord, I had a tough skin, I worked hard and did what I had to do regardless of how I felt. I knew there was a mission to provide for my kids and that mission was going to get done. As I am writing these thoughts today I appreciate the Holy Warriors class because it's boot camp for the battlefield. I do appreciate having that balance of security and dominance.

1/26/22 Today is my 1 year anniversary. I am happy and excited that we made it to our first year. I see the trials the Devil tried to put us through because if he can get couples in the first

year or first 3, 5 year he wins. Then to go through the first night of Impartation the word was good, however the best part was afterwards, everyone running around the church, looking for their kids, saying hi and bye. That was the best part. I see how secure it did make me feel. I see once again that being more secure truly comes from being in God's word and in God's house.

11/27/22

Besides service being so great yesterday one of the other things I remember was how my cousin was acting. On Wednesday he watched our baby while we went out for lunch for our anniversary and said he prayed and watched sermons the whole time we were gone. However he was so pumped up I got a bit suspicious about whether he was on drugs or something. I noticed the way he filp flops and you never really know what you're going to get. It truly opened my eyes to how fearful avoidant he is. I would say he was a mix of anxious preoccupied, however I do need to learn more about how to distinguish the two even more. I say fearful avoidant because as well I see how manipulative he can be.

11/28/22

11/29/22

It has been a tough day. The dominant avoidant is strong in my thoughts and attitude today. I just want to be alone. My schedule is packed with paperwork. However, on top of that, I need to shop for some clothes because none of my pants fit me anymore. I've lost 30lbs and my pants are just sagging on me. So thankful for my belts though. Besides the clothes not fitting, I have very low iron, so in this cold, I am freeeeeeeezing. I'm pretty upset because my husband made some promises to me about watching our son in the morning and then taking him to his sister's so I could have the day to do my work and do errands. Those promises went out the door when he woke up and just decided the main thing on his mind was playing handball. I, as kind as I could, reminded him about what he had said, about my workload and clothing situation. He just smiled and said, "you got this though babe, come on we will get the order out and then I'll go play handball and then you can leave Thomas(our son) here while you go shopping". When he says get the order out, we have a small sushi business and make catered trays on the weekends. We worked on the platter together, which also didn't go as planned. The plan was to have the rice cooking by 7am. However, with it being his day off, I woke up and prepped everything. It did take longer because I was only one person doing the rice, the fish, the garnishes, the sauces, all the prep work. When he finally did wake up, which wasn't too late, maybe around 8:30, he was upset because it was later than he planned and I was gone by that time grocery shopping. We got the order out, he went and played handball, I stayed behind playing all day with my son and when he got back I finally went shopping. All day long though all I was thinking was how I just wanted to be alone. Everytime he says he is going to do something he doesn't. This is why when I was a single mom I didn't need anyone. If I said I was going to do something I did it. I trust my husband, I love him enough to believe his word still even after he has repeatedly shown me that he doesn't stick to his word. I kept thinking all day about how I can do bad all by myself. If I would've known he was going to back out on his word, I could've easily planned the day better to where I did get all my work done and shop before 5pm. The dominance was all I could think about today, how I just wanted to be alone, because I can't count on him.

11/30/22

Yesterday was bad but today was teeeeeerible. Me and my husband started the morning agreeing about something that I can't even remember now. Either way we have been arguing a lot this week during impartation. It makes me just go more toward my Father God. When we argue, we forgive quickly. But when we argue I go straight to my father. I go to my Father to get a hug. When I pray I just say, "Dad, I can't believe I said that, I can't believe he said. Grr, I'm so mad". But mainly after our arguments. It is the pain of why I go to my Father. I know that my father will comfort me in every single situation. I am secure that my father will comfort and heal my heart in every situation. Whether it even be for me to confess on my own wrongdoing and he still hugs and loves me and says, "it's ok you're telling me but now what are you going to change daughter. I will always be here to love and hug you.". So again I see how my security in every situalt comes from knowing my father. Yet I do want to get past the dominant avoidant. And become even more secure and just be more like my father.