

ATTACHMENT THREAT	ALARMING FEELING
Not being with	I'm alone, nobody is paying attention to be, no one wants to be with me, I feel rejected, etc.
Not being like	I'm different, I have nothing in common, I'm not normal, I feel prejudice against me, etc.
Not belonging	I don't feel included, Nobody is taking my side, no one has my back, people are against me, etc.
Not mattering	I don't feel noticed or listened to, I don't feel useful or important, people don't respect me, I don't feel esteemed or admired, my opinion doesn't count, my role doesn't matter, etc.
Not being loved	I don't feel taken care of, I don't feel warmth from anyone, I feel unlovable, etc.
Not being known	I don't feel truly seen or heard, I don't feel understood, I cannot share my secrets, I cannot truly be myself, etc.