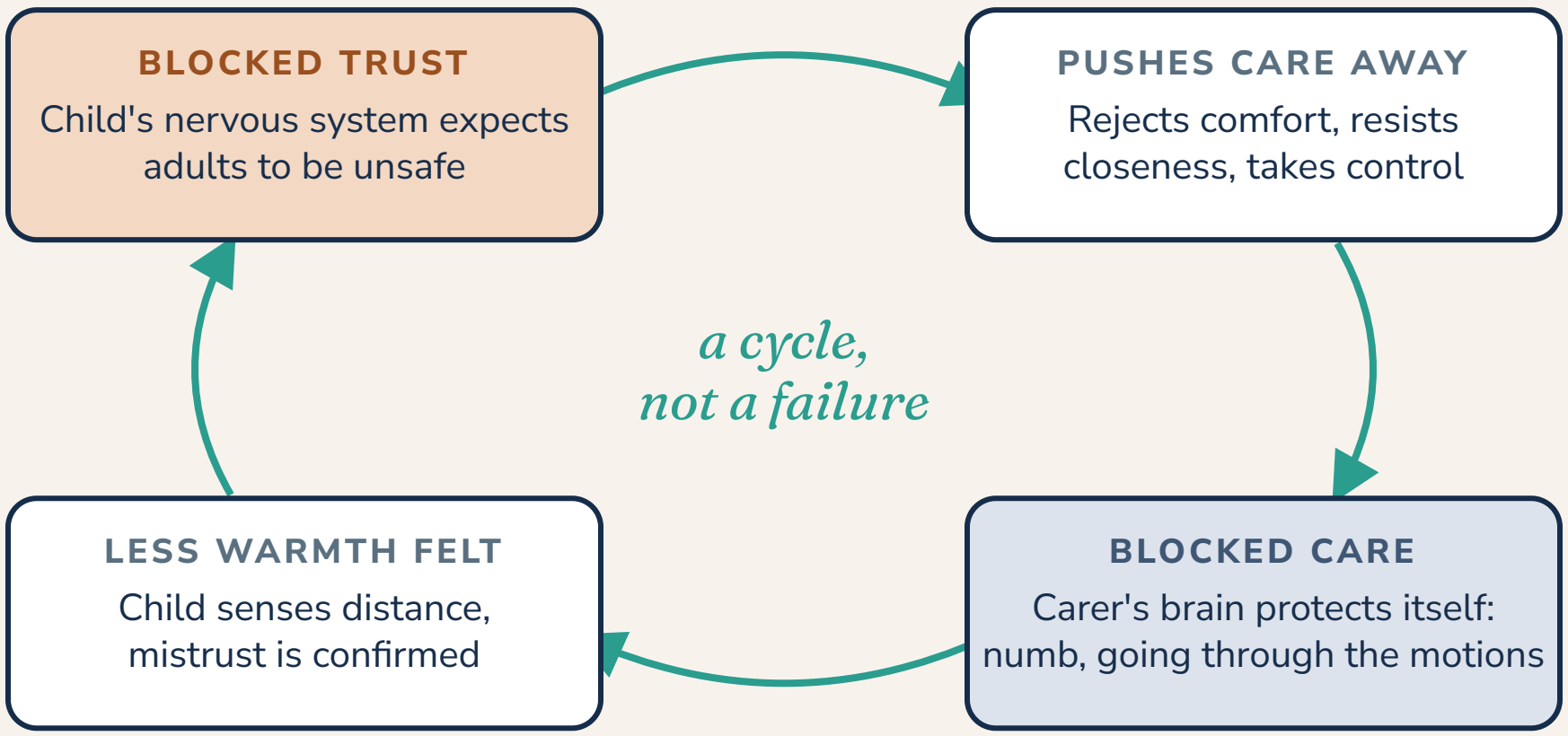
FREE RESOURCE · TIM.P SESSION 8

Blocked trust & blocked care

When a child can't yet trust adults, caring for them can quietly wear us down. Neither is anyone's fault, and the cycle can be broken.



BREAKING THE CYCLE

- Remember: their rejection isn't personal. It's an old template of unsafe adults.
- Name it without shame. Blocked care is a predictable response, not a flaw.
- Talk honestly to someone you trust: not to be fixed, but heard.
- Look after your own window, and notice small moments of connection.

Based on Hughes & Baylin, *Brain-Based Parenting* (2012)