

# INTERNAL WORKING MODEL EXERCISE WORKSHEET



Pathways to  
Permanence 2

Parenting  
Children  
WHO HAVE  
Experienced  
Trauma  
AND LOSS

*Session 5*  
Creating  
Positive  
Attachments  
Part 2

**Exercise  
Worksheets**

Secure Attachment	Impaired Attachment
I am...	I am...
Caregivers are...	Caregivers are...
The world is...	The world is...