

Secure Base: A CAPER (pg2)

- Positive Regard - psychological concept coined by [humanist Carl Rogers](#). A basic acceptance and support of a person regardless of what the person says or does. Rogers believes that unconditional positive regard is essential to healthy development. People who have not experienced it may come to see themselves in the negative ways that others have impinged upon them or made them to feel about themselves. An attitude of grace - compassionate acknowledgement for what is true. An attitude that values self and others knowing our failings exist. It is the simple act of acknowledging all traits and behaviors in another individual without condemnation: as long as it does not entail causing significant harm to oneself or others. (wikipedia) To treat a flawed individual's otherwise harmless behavior or beliefs as cause to reject the individual's worth, morality and right to merit interaction with oneself, is a violation of the unconditional precept. Rogers, On Becoming a Person
 - This is a middle of the road concept that lies between being a victim to another's disposition or being a bully towards them trying to change things about them that we find noxious. This idea encompasses the emotional skill of interpreting other positively (perhaps he/she was well intended) rather than concocting a hurtful provocative attribution (must have been aiming to hurt me) of their behavior/presentation. Positive regard is closely aligned with the idea of autonomy and irrevocably intertwined with communication.
 - ✧ I realize that if I am late you will likely be angry and critical of me. I understand that you react this way because you value promptness and you feel like I am not being considerate of you when I am late. I appreciate your ability to stay on schedule. For my part in this, I promise to attend to the commitments I make to you and if I find that I am not going to make the specified time that I will (communicate) that to you as soon as I can. However, please know that I am not willing to allow you to listen to you berate me or belittle me if I do not live up to your standards.
 - ✧ I understand that you love drag boat races. You find them invigorating and you get wrapped up in the competition and danger. Of course, please go with your buddies to the races this weekend. I imagine you guys will have a great time. I know you wish I shared your enthusiasm and I appreciate the invitation but I will pass on this. (I find drag boat racing loud, smelly, hot and environmentally irresponsible - but this is a private thought that I keep to myself.)