

Secure Base: A CAPER (pg 3)

- Encouragement- dfn: to inspire with courage, spirit, or [hope](#) : [hearten](#), to give help or patronage to : [foster](#) stimulate, urge, persuade.
 - The world can be a really rough place. The best case scenario implies that our most intimate relationships be a port in the storm. A person who serves as a secure base is one who will be encouraging and supportive even in the face of colossal faux faux, failure or circumstance. In being encouraging, be realistic and honest. Orient toward hope and practice (perfection is unattainable). In regard to trouble in a relationship, it may take time or great personal fortitude to find something encouraging to say. Take the time, sleep on it, think it through, dig down deep and find some uplifting goal to point toward.
 - ✧ I know we have had major melt downs the last 3 year we went to your parent's for the holidays. We have a plan now that will get us some relief from their intrusiveness and we have agreed to check in with each other regularly. We are going to do better this year I am sure of it!
 - ✧ Graduate school is hard and math has never been your favorite subject. You have been diligent with your homework this semester and the tutoring seems to be paying off. Just relax and let your brain work for you... give the final your best shot. And remember, no matter your grade, your favorite dinner is on me afterward.
- Reciprocity - dfn: shared, felt, or shown by both sides, consisting of or functioning as a return in kind <the *reciprocal* devastation of nuclear war> , mutually corresponding <agreed to extend *reciprocal* privileges to each other's citizens>, : marked by or based on [reciprocity](#) <*reciprocal* trade agreements>
 - All of us can benefit from a relationship with a partner who is a secure base. To have that is an amazing treasure. Being a secure base is something we can actually do for ourselves and for others. To grow that part of ourselves that practices these principals in our own life, in our own head and heart is our own responsibility.

Relationships and even the parts of our selves are capricious. We may understand what it would be like to be a secure base though it may not be our first impulse. Perhaps it would be more immediately gratifying to be haughty and indignant (avoidant). Perhaps it would be more satisfying to create dramatic moment to force another to prove his/her devotion (anxious). The practice is to be 'best self': a secure base, engage in A CAPER principals no matter the circumstances and no matter the behavior or stance of others.
 - Likewise, while we are well served by cultivating good relationships and teaching others how to be a secure base for us, we can only encourage them to do so. We certainly can't *make* anyone else do or be any particular way. Remember autonomy? From this position we have to be responsible for ourselves, teach others how they might be with us and then make intentional choices regarding whether any relationship is conducive to health and well-being.