

# *PAGES The Reading Group*

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**Book Title:** *Polysecure* by Jessica Fern

**Date:** 10 January 2021

## **Agenda**

- Welcome
- Announcements/Intros
- #BetterDialogue w/ Lynette
- Discussion of *Polysecure*
- #BetterDialogue volunteers for January

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## **#BetterDialogue w/ Lynette**

Framing Notes:

### **Some shit to think about:**

1. What do you think of Fern's assertion that voice/physical presence are required for secure attachment? (endnote, Chapter 8)
2. How does your attachment style affect your conflicts with each partner and how you turn toward each other?
3. What is the coherent narrative of your attachment history?
4. What are the subtle and overt ways that you avoid being present with yourself?
5. If you were more present and embodied, what possibilities in your life or relationships could open up?
6. How does your attachment style affect how you regulate your emotions or self-soothe?
7. What are the most common messages from your inner critic? What could your inner critic's positive and protective intention be?

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Notes: