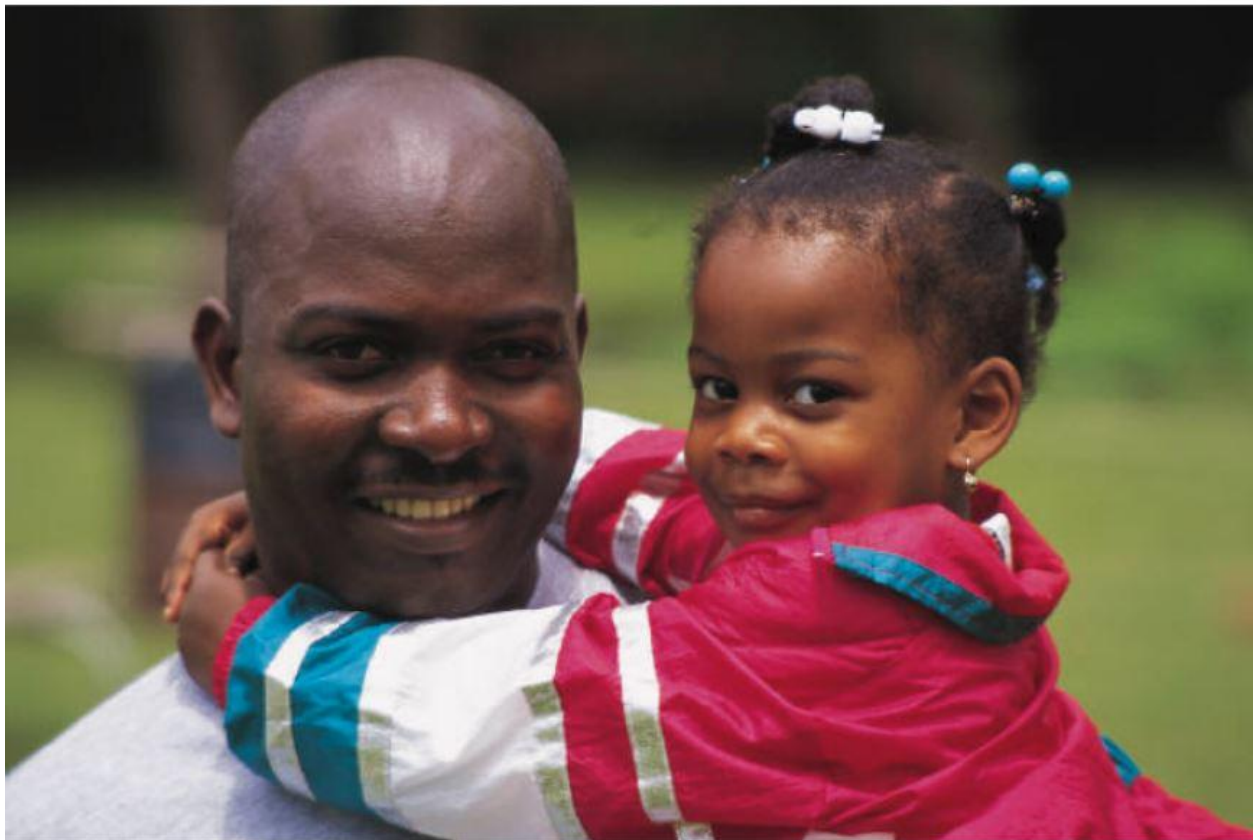


## What is Our Attachment Light?

Within each one of us God has built what I call our “attachment light.” Your attachment light is the part of your brain that bonds with other people. These bonds are extremely specific. In a young child this is demonstrated when the child wants mommy, and so daddy won’t do. When the child wants daddy, mommy gets pushed away. This part of your brain is below the cortex which means that it responds at a subconscious level. It is at a level one in the relational bonding hierarchy. Level one determines when you are “in love.” Our deepest pains and joys come from level one. When our attachment light is on, we want the person we are bonded with to be glad to be with us!



Rev. Jeffrey Pokone, has been a Biblical counselor and Center Director with the Indiana Biblical Counseling Center since 1998. He counsels in the following areas; marriage, trauma and abuse, sexual addictions, spiritual conflicts, and relationships. Jeff has been married for over 30 years to his wife Suzette and has five adult children.

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