

# Emotional Competence

Attachment

Secure

Anxious-Resistant

Anxious-Avoidant

Disoriented/Disorganized

Internal Working Models  
*self image / self esteem*

Positive - Capable

Negative shy away from challenge Emotions  
*"what out -> I'm the bad kid"*

↑ encouragement  
not praise to shift  
model

↙ give responsibility  
*meaningful*

Regulation

Physiological

Impulses

Moods

Thoughts

Energy Level

## Stages of Development

Skills

