

SECURE PATTERN

THE CONFIDENT + CONNECTED STUDENT



IN TIMES OF STRESS/UNFAMILIAR

DEMONSTRATE RESILIENCE +
SEEKS SUPPORT WHEN DYSREGULATED

MANAGEABLE
ANGER + ANXIETY

*I aspire to accept life as it is,
not as I would have it*

INTERDEPENDENT

WE NEED EACH OTHER
AND I (MOSTLY) LOVE THAT 
I value relationships 

I OFTEN DELIGHT IN

Others  My-Self  Experiences  *The World*

I LOVE TO EXPLORE + CREATE+ LEARN

PARTNER + TEAMMATE

I TYPICALLY WORK WELL WITH OTHERS

FLEXIBLE	COMPASSIONATE
PLAYFUL	SUPPORTIVE
AUTONOMOUS	PRESENT
GENEROUS	FORGIVING
COOPERATIVE	BOUNDARIED

WHEN YOU ARE WITH ME
YOU WILL FEEL

Seen Known Accepted Safe

COMFORTABLE WITH
CLOSENESS + ALONE TIME

AFFECTIONATE

I LIKE MY OWN
COMPANY

VULNERABLE



I KNOW YOU
WILL BE THERE
FOR ME IF I
REACH OUT!

I STRIVE TO VALUE
MY WHOLE SELF

I EMBRACE MY STRENGTHS
I ACCEPT MY WEAKNESSES
I LIKE TO GROW
I CAN LAUGH AT MY MISTAKES

I AM USUALLY OPERATING FROM
MY THINKING BRAIN



GOOD COMMUNICATOR



SELF REFLECTIVE



CURIOUS + OPEN MINDED



COHERENT + CONCISE



BALANCED



ADAPTABLE

YOU MIGHT FEEL COMFORTABLE AROUND ME