



MAKING SENSE OF AGGRESSION

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**ROOTS OF
AGGRESSION**

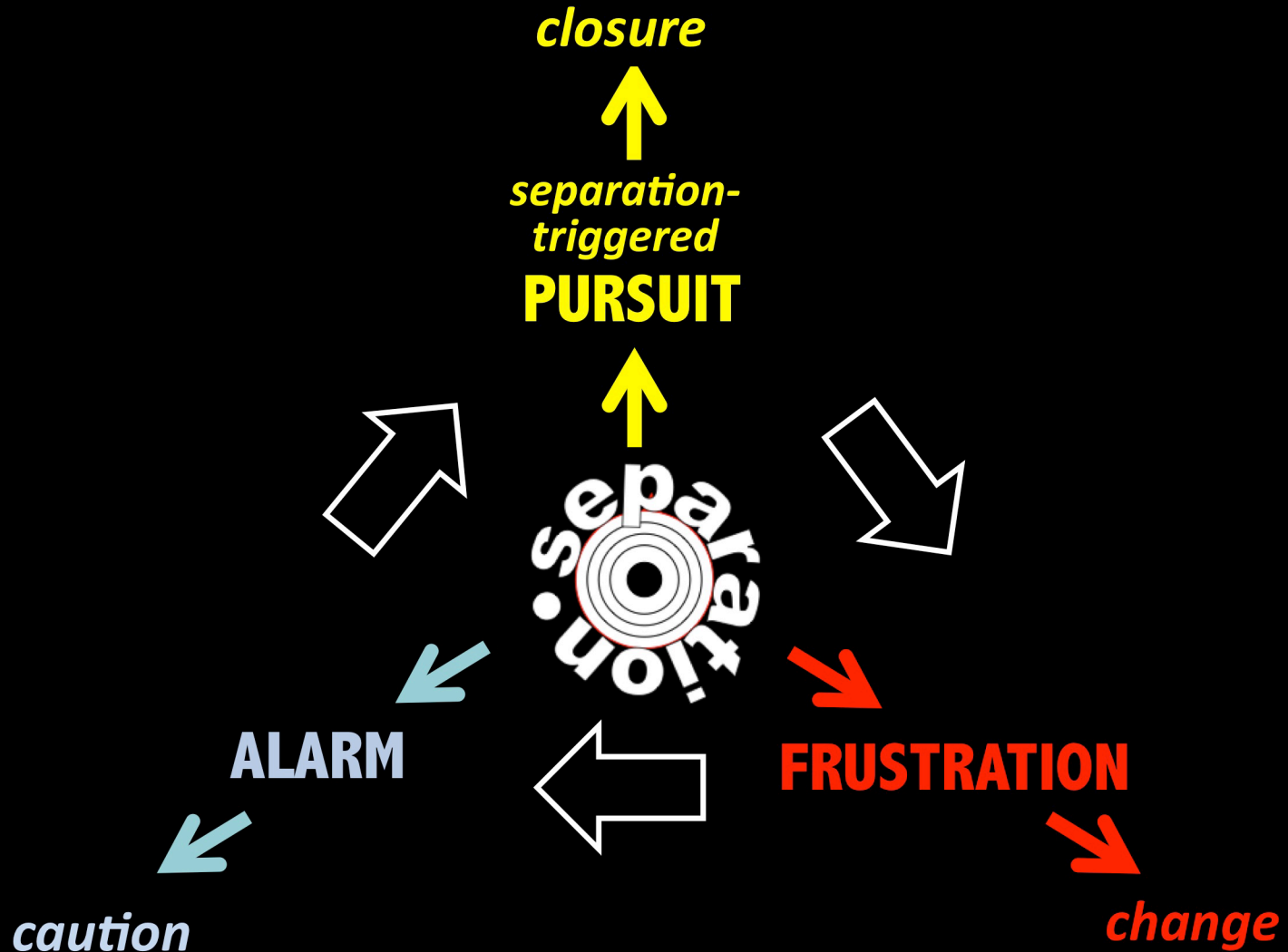
attachment

emotion

development

attachment

EMOTIONAL SOLUTIONS TO FACING SEPARATION





NEGLECT

both parents working

personal injury

daycare

moving

loss of loved one

another sibling

loneliness

being **LOST**

DIVORCE

residential
school

RETIREMENT

adoption

ABUSE

threats to identity

CHANGE

secrets

facing **DEATH**

isolation

disability

failure

school

hospitalization

losing face

bedtime

lack of belonging

losing face

NEGLECTED

rejection

can't connect with ...

can't be with ...

not important to ...

feeling unloved by ...

not understood by ...

not mattering to ...

feeling different



not recognized by ...

isolation

not belonging

replaced by ...

loneliness

threats to identity

not special to ...

not wanted

discounted by ...

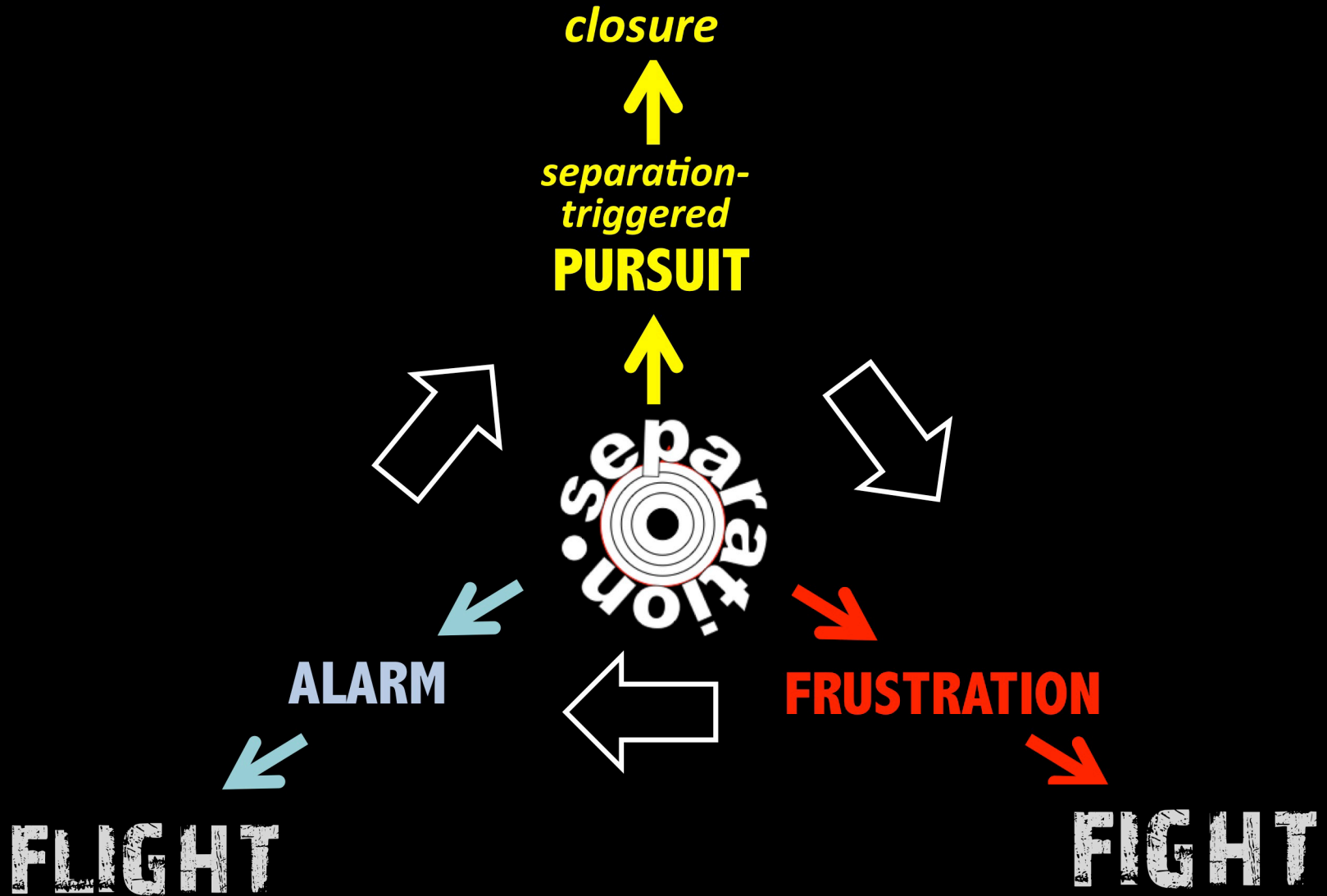
BETRAYED

can't hold on when apart

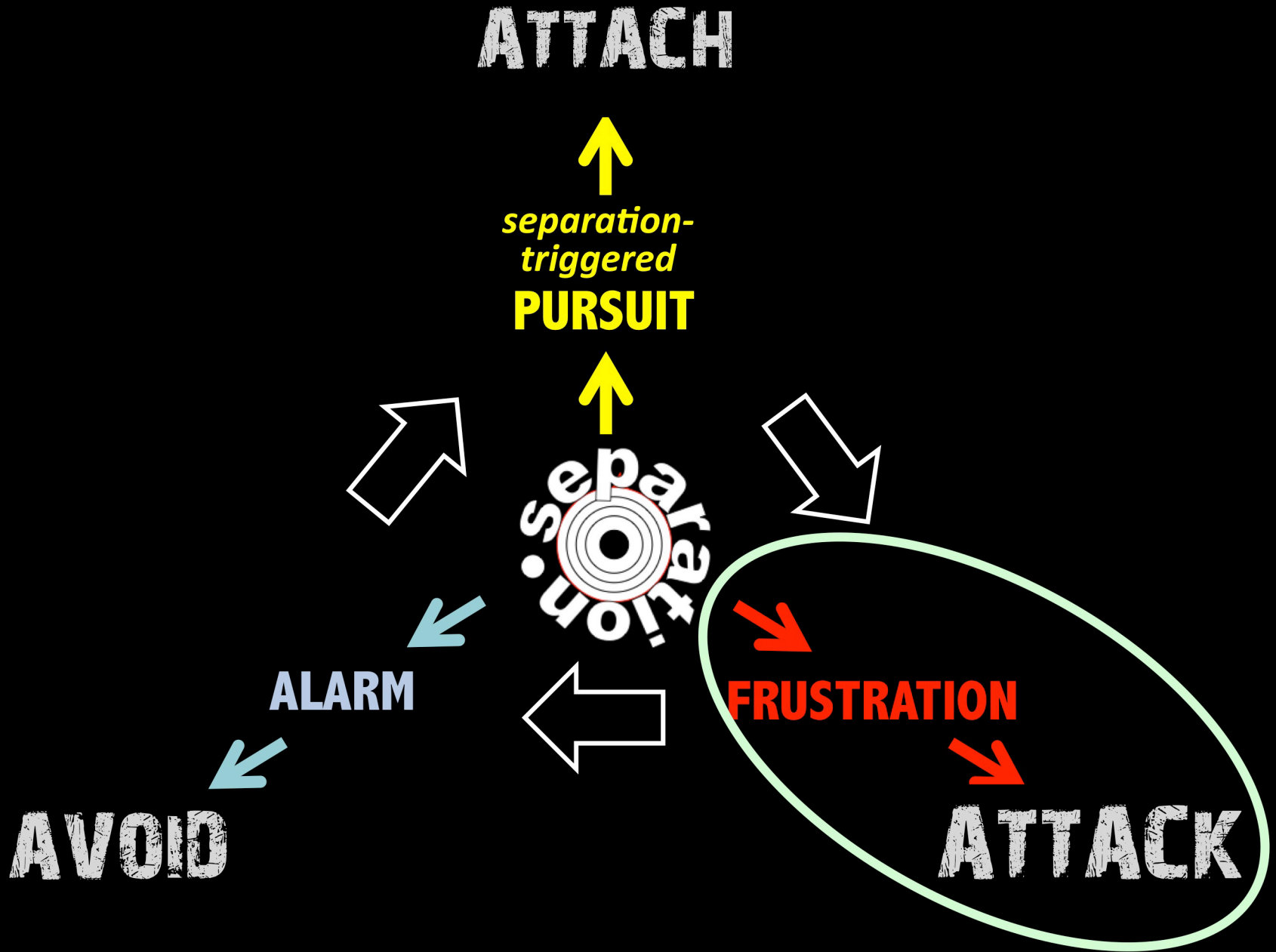
NOT HELD ON TO BY ...

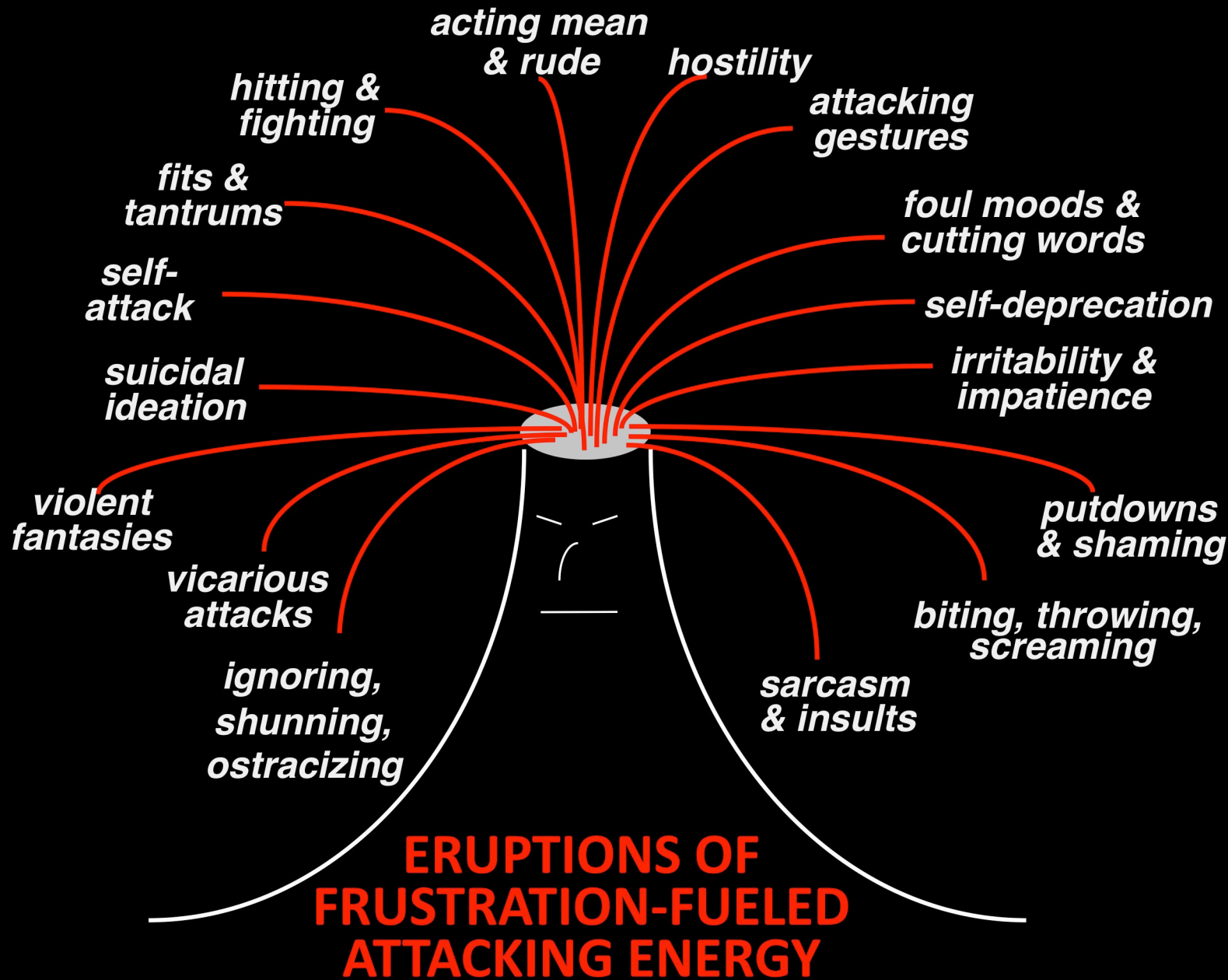
NOT LIKED BY ...

EMOTIONAL SOLUTIONS TO FACING SEPARATION



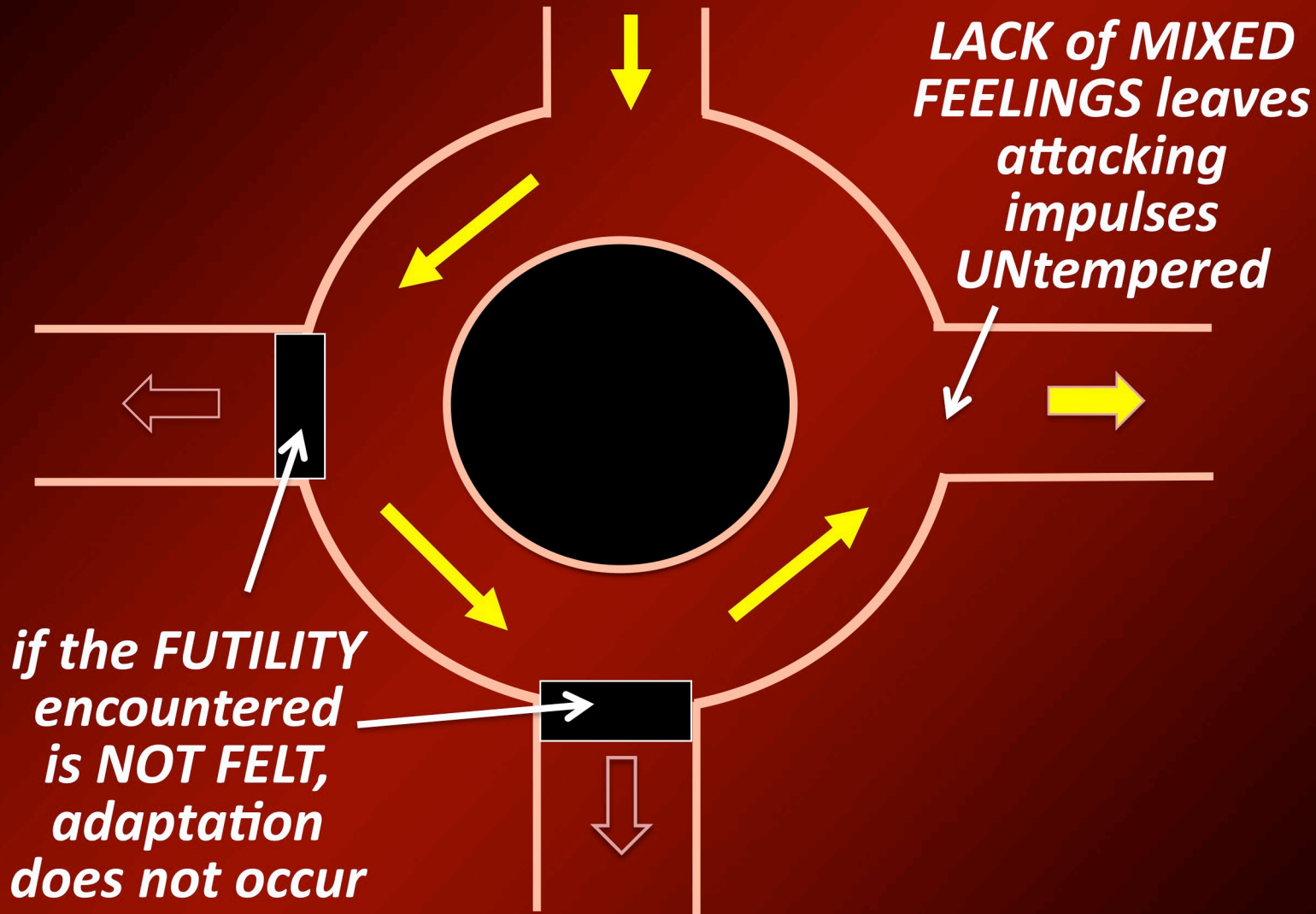
EMOTIONAL SOLUTIONS TO FACING SEPARATION





FRUSTRATION

ENGAGING



ATTACK

ADAPTATION

Playing with **FRUSTRATION**



**frustration-fuelled
energy and impulses
to make things or to
make things work**

- *constructing and crafts*
- *organizing and orchestrating*
- *designing and engineering*
- *developing models, sets and scenarios*

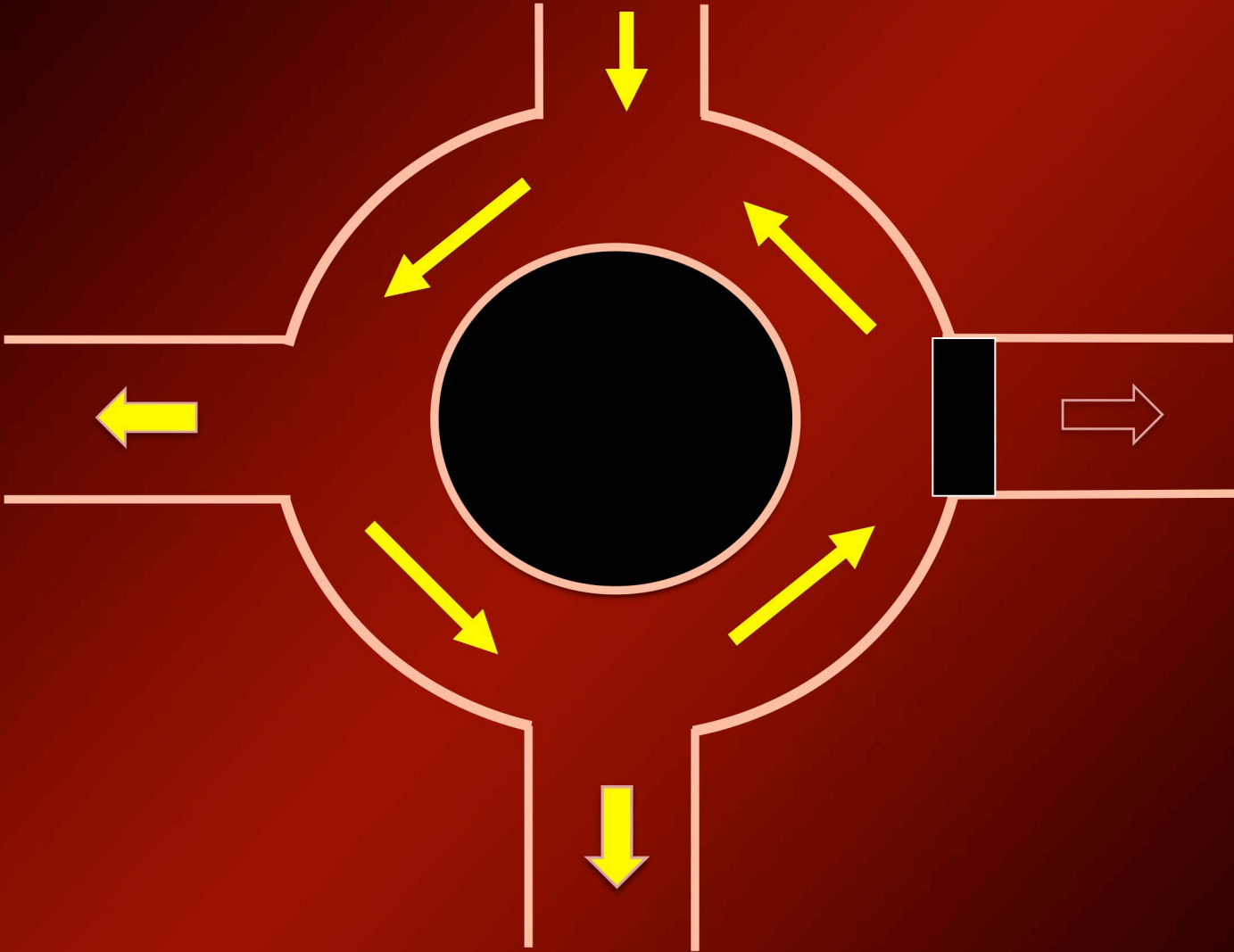


**frustration-fuelled
energy and impulses
to attack or destroy**

- *destroying & demolishing in play*
- *play fighting & mock aggression*
- *hitting and throwing in play*
- *kicking and screaming in play*
- *war games, attacking games*
- *sword play, insult games*
- *playful sarcasm and wit*
- *attacking energy in stories, art, music, dance and writing*

FRUSTRATION

**C
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ADAPTATION