

WAVES



CHARACTERISTICS

Higher feelers, lower dealers
Dialed up vocals, facial expression and gesturing.
May be excessively verbal about self and others.
Can be unfiltered and tangential.
Experienced inconsistent care-giving
May appear pressured, concerned, upset.
Can be preoccupied.
Not easily soothed from upset.
Experience deep disappointment.
Not great with aloneness. Transitions to aloneness may be hard.
Depend on others for soothing (not great at self regulation).
Anticipate rejection (real or perceived). Anticipate "getting dropped."
Over focused on relationship and other. Usually need to develop self-care.
May be intrusive.
May over depend on emotions and right brain.
Fears being needy, a burden, too much, unlovable, and abandoned.
My complaint is that I'm overwhelmed.

IN A RELATIONSHIP

Will focus on relationship. Can be initiating with closeness.
Can be affectionate.
When needs unmet, tends to attack. May have trouble expressing their needs effectively.
Need partner for soothing. Not good at it themselves.
When partner reaches for them and they start to get what they want, may respond angrily (you're giving it to me this time, but what about next time?)
They may feel anger upon reunions.
Feel anxious with separations. It can be hard coming back together.
Will remember details and specifics about relationship.
Have lots of words and may have trouble gauging how much detail to include. May be hard to follow.
When sharing their story, may easily get off track, go down rabbit trails, and may be sharing about past and present suddenly intrudes. Share with lots of affect.
Hot or preoccupied anger ("I'm not done with this yet") It may be hard to move on.

IF YOU ARE MARRIED TO A WAVE

Give LOTS of reassurances. "I'm right here. I'm with you. I've got your back. We're in this together."
Make lots of physical contact – hug, hold hands, shoulder rubs, etc.
If you need a break, reassure them it will be time bound and you're coming back. Make it specific and follow through.
Give them space to be angry "I understand you're angry. That's ok and I'm not going anywhere."
Understand separations are hard – let them know where you're going, when you'll be back and when you'll contact them next. Use text, phone, etc. to stay connected.
Assure them they're not too much or a burden.
"You're needs are important to me. We take care of each other."

STRENGTHS

Make life interesting.
They are always moving towards people and relationship.
They have high emotional capacity and ability.
Because they often had to regulate their parent's wellbeing, they are good at reading emotional/relational cues and environment.
Can be verbally expressive.
Can learn to express needs, ask for needs.
Can attend to other's well.

HELPING A WAVE TO GROW

Increase awareness of their expectation of abandonment or rejection. Help them correct negative bias by heightening and focusing in on moments they felt acceptance, warmth, and compassion.
Encourage regulation practices like breathing, reflection, Examen, being in nature, etc.
Increase ability to effectively ask for a need to be met.
Encourage them to "check in" about perceived or real unavailability. Say something about it out loud.
Encourage them to be concise and use short phrases and fewer words.
Practice all building blocks of Connection.

AS A PARENT

Can be affectionate and fun.

Can be attentive to thoughts, feelings and experience at times.

May appear anxious, upset or pressured.

Have a challenge with consistency.

Get over focused on others.

Child may have to dial up to get attention.

May not be available to soothe child until child is completely comforted. May prematurely send child off.

Child may cling or not be comforted before and after separations.

Inconsistent with providing support around transitions – hellos, goodbyes, waking, sleeping.

Can be intrusive and unsure whether they have a good connection with child. Anxiety around if it's enough and try too hard.

HOW TO HELP WAVES GROW IN PARENTING

Name and highlight strengths when you see them.

Increase ability to self-regulate and interactively regulate. Reflect, Regulate, Relate.

Coach parent to practice PACE – Playful, Accepting, Curious, Empathetic

Coach parent to cultivate strong hello and goodbyes – holding/comforting child until they feel them relax and child is ready to let go.

Help parent identify what it is they want their child to learn/gain. What is the best way for that to happen? (Strengthen Cognitive)

Help parent to cultivate and maintain morning, afternoon and evening rituals. (Just need 10 – 20 minutes of focus)

Encourage parent to be aware of their attachment style and to make sense of their experience.