

Secure Base : A CAPER

A CAPER - an adventurous escapade...and what else is an intimate relationship?

Best-self characteristics to consider when connecting in relationships:

- Autonomy - dfn: self-directing freedom and especially moral independence: [accord](#), [free will](#), [choice](#), [self-determination](#), [volition](#), [will](#) internal authority.
 - While I am connected to others, dependent on systems and community for my well-being, I also have the right and responsibility to exercise my own internal authority. I define my 'self'. I decide which relationships to nourish and which to move away from. I define my own purpose and values. I am the only one that can manage my emotions and orchestrate my own behaviors. In a relationship I accept responsibility for my own autonomy. I honor my partner's responsibility to be autonomous in his/her own right.
- Communication- dfn: to convey knowledge of or information about : make known, to cause to pass from one to another, to transmit information, thought, or feeling so that it is satisfactorily received or understood, to open into each other.
 - Knowledge is empowering. Communication, in all it's forms (verbal, written, non-verbal: a touch, a look, a service, the tone of voice and body) allow for the transmission of knowledge. In connection with other(s) it is my responsibility to communicate that which is necessary for healthy, reciprocating relationships between autonomous individuals. I have a right to privacy. I decide what to share and what I would keep to myself. I have a responsibility to communicate that which effects other (no matter what I imagine their response may be). I have a responsibility to communicate in a clear, compassionate and thoughtful way - to be upright in my interactions with other(s). Additionally, it is my responsibility to attend to the information that is made available to me, to orient toward what is real in the world and what is true about other. I attend to what is real rather than that which is concocted by my fantasy or nightmare.
- Attunement- dfn: to make aware or be responsive. Psychological description: Attunement is a two sided - reciprocal and reciprocated dance. There are confident partners at one end of the spectrum and anxious, depressed partners at the other. How comfortably and effectively one is able to orchestrate the dialogue between themselves and other is key; however, communication is a two way street and is just as dependent on the ability to interpret, interact, and respond to the one another's cues.
 - While I am not responsible for another's mood, feelings, thoughts or behaviors, it is incumbent upon me to take another's state into consideration as I engage with him/her. I can move toward someone to lift the up if they are down, I can respond to bids to play or to be intimate, I can orchestrate our environment to facilitate connection, I can communicate my need to engage. Another's state does not dictate my engagement, but I am wise to take their condition and context into consideration as I engage.