

The "Care to Dare" Principle: From Survive to Alive to Thrive!

Within Rachamim, I instinctively work with the "Care to Dare" principle developed by a TA hero, George Kohlreiser. George further developed John Bowlby's attachment theory and applied it to adult relationships. We know that the brain hates pain, physically as well as emotionally. When we have suffered pain, we enter a survival state and we tend not to think and act in possibilities. In fact, the brain is always on the lookout for or alert to potential threats. In case of threat, the subconscious takes over. The brain does not differentiate between physical pain and emotional pain and the same physical response is triggered in both cases.

See video "Trauma and Brain": <https://www.youtube.com/watch?v=t3q2O6oPjjU>

The "Care to Dare" principle states that as a therapist I build enough confidence through empathetic ability and presence to provide a "secure base". Safe enough that the brain stops its search for possible pain sources. Safe enough that the brain can distinguish between old threats and what's going on now. What we want to achieve together is to silence the physical stress response. If we can do this together in confidence, we can create the environment and courage to dare to think in terms of possibilities and explore new options in curiosity.

Curiosity is the vehicle for growth, creativity, change and entrepreneurship.

A "Care to Dare" approach, promotes enough security so that as a therapist I can challenge you to dare to try new thoughts and behaviours, face risks, possible failure and limits. That in all mildness and compassion you can begin to consciously choose No or Yes and examine options.

Within this principle, you develop new possibilities within your thinking, feeling and doing and ultimately within your communication and relationships. We can also reset and determine our inner biochemistry and internal stress response.

Attachment theory and your attachment style may play a role in this dynamic.

See page Attachment and Resilience

