"terminate the source of the bad stuff with prejudice", or "stick around", and get some more of the good stuff.

**Closing thoughts on the empirical gold mine of attachment**

If emotion is the most neglected subject in neuroscience, attachment is the most neglected subject within the large topic of emotion. It is not a coincidence that we use the language of biological damage and pain in talking about the loss of attachments (they "hurt", in a true sense, visceraally). In talking about "narcissistic injuries" that also "hurt", we fear events that disconfirm our worthiness to love, and threaten internal connections to good other(s)—these also cause "hurt". These are important secondary emotions closely related to the prototype state of separation distress. Separation distress, as a prototype state, uses systems close to those in PAG mediating the gating of nociceptive afferents for physical pain: separation distress probably evolved from those ancient pain circuits (see Panksepp, 1998). Attachment is a homeostatic mandate for the very young (as for example we see in the syndrome of hospitalism), and how the loss of good attachments affects the brain in a pervasive and profound fashion is both poorly understood but also grossly neglected as a central question by most neuroscientists, even in some of those interested in emotion. Neuroscience badly needs to pay more attention to attachment, since attachment experiences form the neurodevelopmental ground out of which we emerge, and certainly the groundwork for much of cortical development and prefrontal system development. If children grow up with dominant experiences of separation, distress, fear and rage, then they will go down a bad pathogenic developmental pathway, and it is not just a bad psychological pathway but a bad neurological pathway.

**Summary of ideas about emotion**

To summarize the arguments put forward here concerning emotion and consciousness, I would emphasize the following points:

- Emotions are the vital threads of value that run through the whole neural system. Their primary foundations (the "primitives" of