A PAUSE, A PRACTICE, A NEXT STEP

Attachment Styles

Patterns can offer insight without defining you.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice a specific moment

In a recent safe relationship, when did you want closeness, reassurance, or space? Describe what happened without assigning a label.

01 / Notice and reflect

What does closeness feel like?

02 / Notice and reflect

What helps me feel respected?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: A therapist can help explore distressing relationship patterns. Do not use attachment labels to excuse abuse or pressure yourself to stay unsafe.

Read more: Fraley and colleagues · Adult attachment and life events

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.