

Creating Secure Attachment Worksheet

Creating a secure attachment involves fostering strong, positive emotional bonds. Here's a worksheet designed to help individuals understand and build secure attachment in relationships:

Understanding Secure Attachment

Describe secure attachment in your own words _____

Identify Your Attachment Style

Reflect on your past and current relationships. How do you typically behave and feel in these relationships?

Which of the following attachment styles do you think you exhibit most often

- Secure
 - Anxious
 - Avoidant
 - Disorganized
 - Provide examples that support your self-assessment.
- _____

Self-Awareness and Regulation

- Identify and list your emotional triggers.
 - Write down strategies you can use to calm yourself when you feel triggered.
 - Practice mindfulness or other grounding techniques and describe your experience.
- _____
- _____



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Communication Skills

- Practice active listening: Have a conversation with a partner or friend where your goal is to listen and understand their point of view without interrupting or planning your response.
- Write about the experience and what you learned from it.

Reflect on Past Experiences

- Think about a relationship where you felt secure and attached. What made that relationship different?
- Reflect on a relationship where you struggled with attachment. What were the challenges, and how did you feel?



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Setting Attachment Goals

- Based on your reflections, set three specific goals for building secure attachment in your relationships.
- Outline actionable steps to achieve these goals.
- Identify potential obstacles and how you plan to overcome them.

Regular Check-Ins

- Schedule regular check-ins with yourself and your partner or a trusted friend to discuss progress towards your attachment goals.
- How will you measure progress and success?
