My Attachment Patterns

Attachment is a range, not a box. Patterns can shift with safe relationships and practice.

Name: _____ **Date:** _____

1 Where am I most days? Put a dot on the map. Two dots are fine: one for calm times, one for hard times.

More anxious high worry, low distance	**Fearful** high worry, high distance
More secure low worry, low distance	**More avoidant** low worry, high distance

Worry (anxiety): low → high

Distance (avoidance): low → high

How to read it

- Worry is how much I fear being left, let down or not enough.
- Distance is how much I pull back from closeness and depending on others.
- Most people are somewhere in between. Research finds dimensions fit better than types.
- My spot can differ with a partner, a parent or a friend.

2 When I feel disconnected, I tend to... Tick how often. T = moving toward, A = moving away

T	Text or call again and again until I hear back	☐ Often	☐ Sometimes	☐ Rarely
A	Go quiet and get busy with something else	☐ Often	☐ Sometimes	☐ Rarely
T	Replay what I said, looking for what went wrong	☐ Often	☐ Sometimes	☐ Rarely
A	Tell myself I do not need anyone	☐ Often	☐ Sometimes	☐ Rarely
T	Ask for reassurance, then doubt the answer	☐ Often	☐ Sometimes	☐ Rarely
A	Change the subject when feelings come up	☐ Often	☐ Sometimes	☐ Rarely
T	Watch my partner's mood closely for signs	☐ Often	☐ Sometimes	☐ Rarely
A	Feel relief when they leave, then feel lonely	☐ Often	☐ Sometimes	☐ Rarely

Both moves make sense. They are ways a nervous system tries to feel safe.

3 Looking underneath Write a few words. There are no wrong answers.

Where I may have learned this: _____

What I am really needing in those moments: _____

What helps me feel safe and close: _____

A relationship where I feel more secure: _____

A moment this week when I felt close: _____

One small thing I could ask for: _____

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My Secure Moves Plan

Security is built in small moments: reaching out clearly and staying when it gets hard.

Name: _____ **Date:** _____

1 My pattern, step by step

Think of one recent moment of feeling far apart

What happened (the trigger): _____

What I told myself it meant: _____

What I felt in my body: _____

What I did next (toward or away): _____

What I was hoping for: _____

What I could try next time: _____

2 Secure moves to practice

Tick two to try this week

- ☐ Name the need: "I need to know we're okay."
- ☐ Pause before sending a second message
- ☐ Stay for five more minutes when I want to leave
- ☐ Notice and say thank you for a bid
- ☐ Soothe my body first: breathe, walk, water
- ☐ Ask once, clearly, then wait
- ☐ Take a break and say when I will be back
- ☐ Share one feeling, not just facts
- ☐ Check the story: what else could it mean?
- ☐ Repair: "Can we try that again?"

3 What I want my partner to know

Share it at a calm time, not in the middle of a fight

When I go quiet or reach out a lot, it usually means: _____

It helps me when you: _____

4 My practice log

One line on the days I tried a secure move

Day	The moment	Secure move I tried	How did it go?
Mon			☐ Better ☐ Same ☐ Hard
Tue			☐ Better ☐ Same ☐ Hard
Wed			☐ Better ☐ Same ☐ Hard
Thu			☐ Better ☐ Same ☐ Hard
Fri			☐ Better ☐ Same ☐ Hard

For therapists and clients

1. This is a reflection page, not a test. Do not use it to label a client or a partner with a style.
2. Patterns are relationship specific and can change. Frame them as protective strategies that once made sense.
3. In couples work, each partner fills page 1 alone, then shares only what feels safe to share.
4. If there is abuse, coercive control or fear of a partner, use individual safety planning, not joint pattern work.

In the US, call or text 988 in a crisis. Domestic violence support: 1-800-799-7233 (thehotline.org).

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