

# Anxious Attachment Worksheet

Identify your triggers, challenge your thoughts, and build internal security

[whatsmyattachmentstyle.com](https://whatsmyattachmentstyle.com)

## My Top Triggers

What situations activate your attachment anxiety the most? Check all that apply:

- Partner doesn't reply to texts quickly
- Partner wants to spend time apart
- Partner doesn't say 'I love you' enough
- Sensing a change in partner's mood or tone
- Partner spending time with friends without me
- Uncertainty about where the relationship is going
- Partner being friendly with someone attractive

## Thought Challenge Exercise

Next time anxiety spikes, write down:

**1. What happened (just the facts):**

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**2. What my anxiety told me it meant:**

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**3. The most LIKELY explanation:**

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**4. What would I tell a friend in this situation?**

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## My Self-Soothing Toolkit

List 5 things you can do INSTEAD of reaching for your phone when anxiety hits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Weekly Reflection

**This week, I was triggered by:**

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**I responded by:**