

Attachment Conversation Cards

The conversation about how you each work is hard to start from nothing, and it is hardest for exactly the people who need it most. Opening with "I want to talk about our attachment styles" announces a serious discussion, invites the other person to prepare a position, and for an avoidant partner functions as a request they will want to defer.

Who this is for: You want to talk about how you each handle closeness and every attempt to start it has felt like opening a case.

The four levels

Level 1: How you work

Descriptive, low stakes, and genuinely interesting.

How do you like to be told bad news?

What do you actually want in the first ten minutes after a row?

What does reassurance sound like when it works on you?

What do you do when you are upset and do not want to say so?

Level 2: What you learned

Where the patterns came from, without a family inquest.

What happened in your house when someone was upset?

Who was easiest to tell things to, and why?

What did you learn about asking for help?

What did you have to be, growing up, to be easy to have around?

Level 3: Us, specifically

Now it is about this relationship. Go slowly.

When do you feel closest to me?

What do I do that you find hardest to read?

What happens for you when I go quiet?

When did you last want to tell me something and not tell me?

Level 4: The exposing ones

Ten cards. Most couples use two of them, ever.

What are you most afraid of in this?

What do you think I would say if I were completely honest?

What would you want from me if you were struggling and could not say so?

What is the thing you have never said out loud?

Afterwards

Two questions, five minutes, and then stop talking about it.

Most surprising thing I heard:

Anything to leave where it is for now?

One thing I want to do differently as a result:

When we will do this again:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.