

Attachment Group Therapy Activities: A Facilitator Pack

Attachment material mostly arrives as individual worksheets, and running a group off individual worksheets produces silent parallel form-filling -- the one thing a group format cannot justify. These five activities are built for the room: each uses the presence of other people as the mechanism, not the audience. Each is written facilitator-first, with timing, materials, step-by-step instructions and debrief questions, and each works in therapy groups, psychoeducation courses, peer-support settings and student counselling groups with the depth dialled to fit.

Who this is for: Group therapists, course leaders, peer-support facilitators and student counsellors running sessions on attachment, relationships or emotional patterns -- with groups of roughly four to sixteen.

The five activities

Activity 1 -- The styles walk (20 min, low exposure)

A moving spectrum exercise that teaches the two dimensions with bodies, not slides.

Facilitator prep: which wall is which axis, and where the 0 and 10 anchors are:

Debrief 1: what surprised you about your own placement?

Debrief 2: where would five-years-ago you have stood?

Debrief 3: does your placement change inside this room? What does that say?

Facilitator log: who placed themselves with visible difficulty -- follow up individually, not in group.

Activity 2 -- Signal and noise (25 min, low-moderate exposure)

Pairs decode ambiguous messages to expose each style's default reading.

My instant reading of the card that hooked me hardest:

My partner's reading of the same card:

Our three innocent explanations, and how plausible they honestly feel (0-10):

Debrief: my fastest story is usually about ____.

Facilitator note: collect the hooked-hardest cards anonymously -- they map the group's live material for future sessions.

Activity 3 -- The needs auction (30 min, moderate exposure)

A budget-and-bid exercise that surfaces what each member actually runs on.

My ten tokens, allocated:

One heavy bid, and the sentence that goes with it:

One zero, and its sentence:

Debrief: my younger self's allocation would have differed how?

Facilitator log: needs the whole group left unfunded -- name the pattern to the group or not, by judgement.

Activity 4 -- Two chairs, one pattern (35 min, moderate-high exposure)

A volunteer externalises their pattern's voice and answers it, with the group as witness.

Facilitator interview scaffold: what do you protect them from / since when / what would let you relax?

Volunteer, back in own chair: my answer to the pattern:

Witness sentences offered ("What I heard your pattern doing for you was..."):

Room debrief: what did watching stir in my own pattern's voice?

Facilitator log: anyone activated by witnessing -- check in before they leave the building.

Activity 5 -- The repair rehearsal (40 min, high exposure)

Triads script and rehearse a live repair each member owes somewhere in their life.

My rupture, named at the depth I choose:

My ninety-second script: what happened / what I did / what I want between us now:

What the badly-received round did to me, and what kept me in it:

Observer's note to me: where my repair became re-prosecution:

Said aloud to the group: I deliver this repair by ____ (the group will ask).

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.