

Attachment and Intimacy Worksheet

The evening went well, and by the morning one of you is oddly formal. This is one of the most misread events in long relationships, because physical closeness is regulated by the same system as emotional closeness, and a system that has just had a lot of closeness sometimes responds by making space. The person who withdraws is usually not withdrawing from the other person. The person left holding it almost always reads it as a verdict, and the conversation that follows is then about the verdict rather than about the mechanism.

Who this is for: One of you has noticed that the day after closeness is always slightly formal, and neither of you has ever found a way to say so out loud.

Six questions, answered alone

What happens in you afterwards?

The hour after, and the next morning.

What I usually want in the hour afterwards:

What I want the next morning:

What I would like them to do, specifically:

What I would like them not to read into it:

How do you let the other person know?

Most initiating runs on a code nobody agreed.

How I usually signal it, honestly:

How I would prefer to be approached:

What makes it easy for me to say no:

A clearer signal we could agree on:

How do you say no?

Short, warm, about tonight, with a next time.

How I currently say no, or how I avoid saying it:

The version I would want to hear:

What I could add that stops it sounding final:

What do you hear when the answer is no?

The first thought, not the reasonable one.

My first thought when I hear no:

What I do in the two days after it:

How long before I ask again, and why that gap:

What would settle it, in one sentence:

Is it not wanting to, or not right now?

A temporary state and a settled one look identical.

Which of the two describes the last six months for me:

What is going on that is not about the relationship:

If it has been a long stretch, what I think it is about:

What I would want if nothing had to be decided today:

Which question do you compare first?

Swap sheets. Two first, four last.

The date and time we are comparing:

The question I am least willing to read aloud:

What I want from this conversation, in one sentence:

What we agreed to come back to another day:

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.