

Attachment Parenting Worksheet

Parents arrive at attachment theory with one question and it is rarely the one the material answers. The question is not what type is my child. It is have I already done something to them — and the honest answer is more encouraging than most people expect, because what builds security is not flawless attunement.

Who this is for: You have recognised your own attachment pattern and would rather not hand it on, and you are not sure which of your reactions are about them.

The exercises

1. Which reaction is mine?

Separate their behaviour from your response to it.

Moment one — what they did, what I did, what it touched:

Moment two:

Moment three:

What do these three have in common?

2. Repair with a child

Short, specific, and no burden transferred.

Name it — the specific moment, in a child's words:

Own it, in one sentence:

Reconnect:

What I am tempted to add that transfers the load to them:

3. The rupture-and-repair log

A fortnight of tally marks, which is more encouraging than it sounds.

Ruptures this fortnight, with one word each:

Repairs, with one word each:

Which type of rupture never gets repaired?

What stops the repair happening in that case?

4. What they learn about needing things

The lesson being taught by what happens next.

What happens here when a child is upset:

When they need something at a bad time:

When they are angry:

Which row is inherited, and which have I already changed?

5. The one thing

One change, held for a month.

My one thing:

What makes it hard on a bad day:

The smaller version I can still manage then:

Review date:

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.