

Attachment Styles Handout for Therapists

A one-page psychoeducation handout describing the four adult attachment patterns in language a client can read without a glossary, free to print and give out. It is deliberately plain: no quiz, no scoring, no percentages, and no claim that reading it identifies anything about the person holding it.

Who this is for: You are a therapist, counsellor, coach or student who wants a printable attachment handout for clients, or a client who would like the plain-language version to read between sessions.

What is on the handout

The four patterns, in plain language

One paragraph each, written to be recognised rather than scored.

Which paragraph did you recognise, and which line specifically?

Was there a paragraph you recognised in someone else?

Does the fit change depending on which relationship you have in mind?

Anything in the description that felt wrong?

Where these patterns come from

A short developmental note, kept non-blaming.

What was the environment this pattern would have made sense in?

What did it protect you from at the time?

Where does it still fit your life, and where has it outlived its usefulness?

What does it cost you now?

What the handout deliberately leaves out

The omissions are the design.

Has the client already self-diagnosed from online material?

Are they using the framework to understand themselves or to categorise a partner?

What would they lose if the label turned out not to fit?

Is this a useful frame for this person, or a distraction from what they came in with?

Questions for between sessions

Four prompts on the reverse.

One moment this week when the pattern showed up. What happened first?

What did you assume the other person was thinking?

What did you do, and what did you want to do?

What would have been different if you had assumed the best about them?

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.