

Attachment Therapy Homework Sheets

Between-session homework in attachment work has a well-known failure mode: the client arrives having thought about it a great deal and having recorded nothing, so the session is spent reconstructing the fortnight from memory. Memory reconstructs a mood. The incidents that would have been most useful are exactly the ones that get smoothed over.

Who this is for: Therapists and counsellors who want structured attachment homework, and clients who want to bring something concrete to the next session.

The four sheets

Sheet 1: The incident capture

Five fields, completed within an hour.

Time and observable event:

First bodily change:

First thought, in the exact words it arrived in:

What I did next:

Sheet 2: The urge-and-gap record

What was wanted, what was done, and how long between.

The urge, in a few words:

Strength, 1–10:

Gap between urge and action:

What I did, and what I did instead of the urge if anything:

Sheet 3: The relational event log

For couples work, or for a client working on one relationship.

What they did:

What I did:

How it ended:

Was this a version of something familiar? One word.

Sheet 4: The between-session experiment

One behaviour, one time, and what actually happened.

The experiment, agreed in session:

My prediction, written before:

What actually happened:

How far off was the prediction, and in which direction?

Using the sheets across a course of work

A rough sequence that tends to work.

Which sheet is assigned this fortnight, and why:

How many entries are we asking for?

What we expect it to show:

What would change our formulation if it appeared?

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.