

Your Attachment Timeline

One relationship tells you almost nothing. It had its own weather: their circumstances, your age, whatever else was happening that year. The information lives in the repeats, and repeats only become visible when five or six of them are laid out side by side where you can see them at once. Most people have never actually looked at their own history in that form. They have thought about it one relationship at a time, which is the format in which a pattern stays invisible.

Who this is for: You can talk about each of your relationships in detail, you have never seen them next to one another, and people keep telling you there is a pattern.

Five passes over one line

Draw the line first

One horizontal line, years marked, every entry above it.

Years along the line, from ____ to ____

How many entries, counting the short and undefined ones?

The one I nearly left off, and why:

Mark one: how each one started

A symbol above each block for the opening move.

My shorthand for the four opening types:

The marks along the line, in order:

Which opening appears most often?

What was going on for me in the months before those started?

Mark two: what you did when it got serious

The escalation point, and your move in the fortnight after.

For each entry: what was the escalation, and roughly when?

What I did in the two weeks after it:

Does the same move appear more than twice?

The entry where nothing happened, and what was different about it:

Mark three: what ended it

Who moved, the reason then, and the reason now.

Who ended it, entry by entry:

The reason I gave at the time:

The reason as it looks now:

Which endings did I bring about without saying so?

Mark four: the gaps, and who was in them

Below the line: months alone, and who filled them.

Gap lengths in months, along the line:

What each gap contained: alone, someone new, someone previous?

Longest gap, and what I did with it:

Are the gaps getting longer, shorter, or staying about the same?

Standing back from the whole line

Read it from across the room and write only what is visible.

Five things visible on the paper, with no interpretations:

The repeat I would least like to be true:

What is different about the entries that lasted longest?

One thing I would want the next entry to look like:

Date I will come back and add to this line:

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