

The Attachment Workbook: Start Before You Know Your Style

Every attachment workbook worth printing eventually splits by pattern -- anxious work is not avoidant work. But most people arrive one step earlier: something keeps going wrong in relationships, the internet keeps saying "attachment", and the four labels all sound partly true. This workbook is for that step. It does not assume a style. It measures the two dials underneath all the labels -- how loudly your system alarms about abandonment, and how loudly it alarms about closeness -- then uses a week of field notes to check the reading, and only then routes you into the right deeper programme.

Who this is for: Anyone who suspects attachment is their problem but bounces between the four labels depending on the article, the week, or the relationship.

The five stages

Stage 1 -- Read your two dials

Rate yourself on both dimensions using concrete behavioural anchors.

Abandonment dial -- closest relationship: ____ /10. Evidence for that number:

Abandonment dial -- people in general: ____ /10.

Closeness dial -- closest relationship: ____ /10. Evidence:

Closeness dial -- people in general: ____ /10.

Do my two contexts disagree? What does the gap suggest?

Stage 2 -- Locate yourself on the map

Turn two numbers into a working hypothesis, held lightly.

My hypothesis corner, from the dial readings:

The strongest single event in its favour:

The strongest single event against it:

What this week would need to show to change my mind:

Stage 3 -- Seven days of field notes

Catch your system in the act, three lines per incident.

Days 1-2 entries (event / dial / next 30 minutes):

Days 3-4 entries:

Days 5-7 entries:

Tallies: abandonment ____, closeness ____, both-in-one-incident ____:

Cluster check: one person, or everywhere?

Stage 4 -- Verdict, and the honest asterisks

Reconcile the field notes with the hypothesis and write the working conclusion.

Where field notes confirmed the hypothesis:

Where they contradicted it:

The verdict, in the standard form, asterisks included:

If the one-person asterisk applies: what is it about that relationship?

Stage 5 -- Route yourself into the right programme

Hand over to the plan built for your verdict, with a start date.

My route, named:

Start date, written like an appointment:

The single field-note incident I most want the next programme to explain:

A reminder set for four weeks in: is the programme happening, or does the start date need re-issuing?

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.