

Attachment Worksheets for Adults: The Four-Domain Audit

Attachment articles talk as if adults have one relationship. Adult life is actually four running at once -- a partner (or the search for one), the parents you came from, the people you work with, and the friends who survived your thirties -- and your pattern does not show up evenly across them. Plenty of people are secure at work and anxious at home; plenty are warm with friends and walled-off with a partner. This sheet audits all four domains with the same questions, because the unevenness is the most useful thing about you, and single-relationship worksheets cannot see it.

Who this is for: Adults who want one honest pass across their whole relational life -- especially anyone whose pattern behaves differently at home, at work, and in the group chat.

The five exercises

1. Domain one: partner (or the search)

The five audit questions, asked of your closest romantic tie.

Who reaches first, and the most recent example:

What happened to my last complaint here:

The last time I needed help: asked / managed alone / tested. Details:

The last repair: who moved, how long it took:

This domain's monthly cost to me, honestly described:

2. Domain two: family of origin

The same five, asked of parents and siblings as they are today.

Who reaches first between me and my parents/siblings, and the pattern's age:

What happens to complaints in this family, with a recent example:

Needing help: would they hear about it? Did they last time?

Repair in this family: does it happen, or does everyone just resume?

Monthly cost -- and which version of me walks in the door:

3. Domain three: work

The same five, asked of the place that gets most of your waking hours.

Do I flag problems early, or manage alone until visible? Last example:

My last piece of upward/sideways feedback: said, hinted, or swallowed?

The last time I genuinely needed help at work, what did I do?

After the last tense meeting: repaired, or resumed?

My performance tax, in honest hours per week:

4. Domain four: friendships

The same five, asked of the friends of your adult years.

Who reaches first in my closest friendship, and is it stable or resented?

The last friction with a friend: raised, hinted, or let rot?

Which friend has actually seen the inside of my life this year?

The last friendship repair I was part of, on either end:

Monthly cost of my friendship arrangements, including the ones I am not making:

5. Read the audit: unevenness, then one lever

Compare the four columns and choose the single cheapest intervention.

Loudest domain, and the evidence that crowned it:

Quietest domain -- and the habit there that works:

The import, designed: which habit, into which domain, looking like what?

Four-week check date, and what "it worked" will observably look like:

If the loudest domain is partner or family: which of this site's deeper sheets is next?

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.