

Attachment Worksheets for Teens

Most attachment worksheets are written for people with a partner, a flat and a therapist. At fifteen you have a family you did not pick, a friendship group that reorganises itself weekly, and a phone that shows you exactly who is hanging out without you. The exercises below work with that reality instead of a scaled-down adult one. Nothing here requires you to be in a relationship, and nothing here needs to be shown to anyone unless you decide to show it.

Who this is for: Teenagers (roughly 13-19) who want to understand why friendships, group chats or first relationships hit them harder than they seem to hit other people. Also usable by a parent or school counsellor handing it to one.

The five exercises

1. Where closeness sits with you

A first pass at your pattern, using your week rather than a quiz.

Home: closer / about right / more space -- and one moment from this week that shows it.

School or college: closer / about right / more space -- and the moment.

Closest friend: closer / about right / more space -- and the moment.

Crush or relationship (skip if none): closer / about right / more space -- and the moment.

Which of the four is most uncomfortable to answer honestly? That is probably the one to watch.

2. The group-chat autopsy

Take one moment your phone made worse and slow it down.

What appeared on the screen (facts a camera would agree with):

What I decided it meant about me:

What I did in the next hour (including checking, re-reading, drafting):

What turned out to be true, if I ever found out:

If a mate showed me this exact timeline about themselves, what would I tell them?

3. Home patterns vs friend patterns

Map where you learned the habit, without blaming anyone for it.

When I am upset, what do I do with it at home? And with friends?

Who apologises in my house, and how? Who apologises in my friend group?

What happens at home when someone needs space? And in my friend group?

One habit I can see I have copied:

One habit I want to keep, and one I would leave behind:

4. The reassurance budget

Work out what checking and asking actually buys you.

Day one tally, and what each check bought (minutes of feeling okay):

Day two tally:

Day three tally:

Which single kind of checking is my most expensive habit?

One cheaper thing that settles me for longer (from experience, not theory):

5. Your trusted-adult plan

Decide in advance who you would actually tell, and what the opening sentence is.

Three adults I could imagine telling anything difficult, ranked:

For the top one: when and where is it easiest to actually talk to them?

My opening sentence, word for word:

What I would want them to do: just listen / help me decide / act on it.

If the first conversation goes badly, who is second on the list?

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.