

Avoidant Attachment Worksheet for Teens

Nobody hands you a worksheet for being fine. And you are fine -- that is the whole point: you handle your own stuff, your room is the only place that does not want something from you, and the fastest way to end a conversation about feelings is to have no visible ones. This sheet is not here to argue you out of any of that. It is here for the small print: the difference between privacy that protects you and a habit that is quietly deciding, before you get a say, that nobody gets in at all.

Who this is for: Teenagers who go quiet instead of kicking off, live behind a closed door, answer "I'm fine" on reflex, and find other people's emotions -- and their own -- easier at a distance.

The five exercises

1. The "I'm fine" audit

Count the reflex, and find the two or three times it was not true.

Day one tally, and to whom:

Day two tally:

Day three tally:

How many were true? How many were cover?

For one circled "fine": the sentence I did not say, written here where nobody sees it:

2. The door-closed decoder

Work out what the retreat is actually doing for you each time.

Withdrawal 1 -- recharge / process / move? What set it off?

Withdrawal 2:

Withdrawal 3:

Rough split at the end of the week: what fraction was each?

For one "move": what was the message, in words, that the closed door was sending?

3. What asking for help actually costs

Test the maths your pattern runs on, against real events.

Ask 1 -- what I asked, of whom, cost, payoff:

Ask 2:

Ask 3:

Handled-alone 1 -- what it saved me, what it cost me:

Handled-alone 2, and the honest verdict on the ledger:

4. Connection reps (smallest possible size)

Practise letting someone in, at a dose you control completely.

Rep 1 -- what I did, with whom, discomfort out of 10, what actually happened:

Rep 2:

Rep 3:

Rep 4:

Which rep was cheapest for what it bought? That one becomes weekly.

5. The one-person experiment

Choose a single person to run a slightly more open channel with.

My one person, and why them (evidence, not vibes):

The channel, defined exactly (what they now get that others do not):

Week 1 -- what I shared while it was live, and what happened:

Weeks 2-4 log:

End-of-month verdict: keep / widen / close -- and what that decision is based on:

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.