

# Attachment Breakup Recovery Plan

Every attachment pattern gets stuck after a breakup, and each one gets stuck in a different place. Anxious recovery stalls on rumination and the search for an explanation that will make it make sense. Avoidant recovery stalls on a delay — everything is fine for two months and then it is not. Fearful-avoidant recovery stalls on reversal, alternating between relief and devastation until neither can be trusted.

**Who this is for:** The relationship has ended and you are going over it constantly, or not going over it at all in a way that is starting to worry you.

## The plan

### 1. The accurate account

*Write what actually happened, once, and stop rewriting it.*

The five or six events that actually mattered, with rough dates:

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What I did at each — actions only, no reasons:

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What they did at each — actions only, no motives:

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Reading it back: what does this account say that my usual version does not?

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## 2. The rumination audit

*Count it, because you are probably underestimating it.*

Tally for each day of the week:

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The two times of day it clusters:

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The trigger that starts it most reliably:

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One structural change to those two times, for next week:

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### 3. Your pattern's specific trap

*Four pages. Read yours; read the others afterwards.*

Which trap page fits me, and which line on it landed hardest?

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The specific behaviour that trap produces in me this week:

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What the page asks me to do instead:

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What I noticed reading the other three pages:

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4. Rebuilding the week

The relationship occupied hours. Something has to.

The three biggest slots the relationship filled:

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What goes in each, specifically, with a day and a time:

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Who is the person I now tell about work?

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What I will do on the first difficult date in the calendar:

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## 5. Day 30: what changed

*Measure it, because it does not feel like it moved.*

Rumination tally: week 1 \_\_\_\_ vs week 4 \_\_\_\_

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Rebuilt slots actually happening:

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Has the accurate account changed? How?

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What the next thirty days need:

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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.