

# Couples Attachment Worksheet

This is the only worksheet on the site that needs two copies. Both of you fill one in alone, without discussing it, and then you swap. The separation is the whole design — a jointly completed version becomes a negotiation about whose account is correct, and the useful information is precisely the fact that two accounts of the same evening genuinely differ.

**Who this is for:** You are having the same argument repeatedly, in the same shape, and both of you can predict it from the first two sentences.

## The exercises, in order

### 1. The cycle, in eight boxes

*Map one recurring argument as a loop rather than a story.*

What happens first, in camera terms?

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What do I do next?

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What do I imagine they are thinking at that moment?

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How does it usually end, and who moves first?

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## 2. What the other person's move means to me

*Write the translation you have never said aloud.*

When they do the thing, I take it to mean:

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The oldest version of that feeling I can remember:

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What I wish they understood about how it lands:

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What I have never said about it, and why not:

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### 3. Bids and misses

*Track the small approaches, not the big conversations.*

Small approaches I made this week, and what happened to each:

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Approaches I noticed from them:

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What time of day do we miss each other most?

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One I missed and could have caught:

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#### 4. The pause protocol

*Agree in advance what a break means.*

The words I will use to call a pause:

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How long I need, realistically:

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What I need during the pause — contact, or genuinely none?

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Who comes back first, and how do we start again?

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## 5. The shared page

*The only part you write together.*

One specific thing I will do:

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One specific thing I will stop:

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The same, from them:

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Review date, and what we will look at:

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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.