

# Earned Secure Attachment: A 90-Day Plan

Every description of earned security is a list of qualities. Communicates directly. Tolerates closeness. Repairs after an argument. Does not spiral over a slow reply. As a list it is unusable, because a quality is not something you can do on a given morning. What actually changes underneath the list is a small number of specific behaviours, repeated often enough that they stop needing a decision each time. That takes a calendar rather than an insight, so this is a calendar, with real dates in it.

**Who this is for:** You can describe your own pattern accurately and explain it to other people, and nothing about how you actually behave has changed in two years of reading about it.

## The plan

### Before day 1: two things you fix in advance

*The start date, and the thing you are going to count.*

Start date, written as a date:

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The three review dates: day 30, day 60, day 90:

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What a bystander could count to know I did this:

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Where this sheet lives so I see it every week:

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## Days 1-30: the asking block

*One behaviour: ask plainly, and keep the count.*

The behaviour, in one sentence, small enough for a bad day:

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How many per week, and where I record them:

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Day 30 count, against the target:

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If I skip a week, I will:

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## Days 31-60: the staying block

*One behaviour: hold a fixed delay where you usually move.*

My usual move at that moment, named plainly:

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The delay I am committing to, in minutes or hours:

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Tally for the block: held \_\_\_\_ / not held \_\_\_\_

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Day 60: what was different where I held it?

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If I skip a week, I will:

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## Days 61-90: the repair block

*One behaviour: go back inside a day, in two sentences.*

My twenty-four hour commitment, written as one sentence:

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Ruptures this block \_\_\_\_, returned to within a day \_\_\_\_

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The one I did not go back to, and why:

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If I skip a week, I will:

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## Day 90: the review, and the honest bit

*Three counts, one question, and a decision about the next block.*

Block one count, block two tally, block three count:

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What would someone close to me say is different?

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Which block was hardest, and what does that say about my pattern?

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Next ninety days: repeat a block, or a new behaviour?

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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.