

Fearful-Avoidant Worksheet

Map your push-pull cycle and build a window of tolerance

whatsmyattachmentstyle.com

My Push-Pull Map

When I shift from WANTING closeness to PUSHING AWAY, the trigger is usually:

When I shift from PUSHING AWAY to WANTING closeness, the trigger is usually:

Which State Am I In Right Now?

Before making relationship decisions, check in:

- Am I activated (anxious, pursuing, needing reassurance)?
- Am I deactivated (numb, wanting to flee, finding faults)?
- Am I in my window of tolerance (calm, able to think clearly)?

Rule: NO relationship decisions outside your window of tolerance.

Grounding Protocol

When emotions feel overwhelming, follow this sequence:

1. Cold water on wrists or face (activates vagus nerve)
2. Name 5 things you can see, 4 you can touch, 3 you can hear
3. Slow exhale: breathe in for 4 counts, out for 8 counts
4. Say: 'I am safe. This feeling is temporary. I don't have to act on it.'
5. Wait 30 minutes before responding to anyone

Weekly Pattern Tracker

Date: _____ Event: _____

My state shifted from _____ to _____

The trigger was: _____

I responded by: _____

A more grounded response would be: _____
