

How to Heal Anxious Attachment: An 8-Week Worksheet

Most anxious attachment advice is a pile of good techniques with no order to them. Regulate your nervous system, communicate your needs, work on self-worth, sit with discomfort — all sound, all useless as a list, because doing them in the wrong order is why people give up. This worksheet is a sequence.

Who this is for: You already know you have an anxious pattern, you have read the explanations, and what you are missing is an order of operations you can actually follow.

The four phases

Weeks 1–2: Measure, change nothing

Establish a baseline you can compare against later.

Trigger, intensity out of ten, minutes until it dropped below five:

What did I do, and did it help within the hour?

Which two situations account for most of my entries?

What time of day is worst? (Evenings and Sunday nights are the usual answers.)

Weeks 3–4: Regulation before conversation

Build the ability to come down from a nine without acting on it.

Intensity before, technique used, intensity after, minutes taken:

Which technique works fastest for me specifically?

What is my earliest reliable warning sign, before the peak?

What did I not do this week that I would have done in week one?

Weeks 5–6: Say the thing plainly

Move needs from hint to sentence, once regulation is reliable.

The indirect version I would normally have used:

The plain request I made instead:

What I predicted would happen:

What actually happened, and how far off was my prediction?

Weeks 7–8: Tolerate not knowing

Practise leaving uncertainty open on purpose.

The uncertainty I chose to leave open:

Peak discomfort out of ten, and how long until it halved:

What did I do instead of seeking resolution?

Comparing this to week one: what has changed in how long it takes me to settle?

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.