

The Night-Time Attachment Plan

The worry that was manageable at four in the afternoon is unanswerable at one in the morning. There is nothing mysterious about that. There is nothing else to look at, your blood sugar is low, your body is tired enough to make everything feel heavier, and nobody replies at that hour, so the silence has nothing to argue against. The thought does not get truer at night. It just stops having any competition.

Who this is for: You are fine all day, then lie awake constructing the conversation that proves it is over, and by morning most of it has quietly evaporated.

The clock

9pm: the decision made while you can still think

Write tonight's rule before you are tired.

Tonight: message or no message?

If yes, the message, written now:

What am I worried will happen if I do not send it?

What usually happens when I send this at eleven?

9.30pm: the phone rule, with something physical in it

A rule your hands obey, not your intentions.

My rule, exactly:

Where the phone physically goes:

Kept it last night? Yes or no:

10pm: pre-answer the two thoughts

The two that always come, answered while calm.

Thought one, in its usual words:

My answer, with the evidence:

Thought two:

My answer:

10.30pm: the hour that is not about them

Something for your hands that is not the relationship.

Tonight's occupation, decided now:

What I need to put within reach:

What I am not going to open:

Lights out: the last two minutes

One sentence, and where the card is.

My closing sentence:

Where the card is, exactly:

Did I say it last night?

3am: three steps, in order, no decisions

Three physical steps for a person who cannot reason.

My step one, in three words:

My step two:

Where the card and the water are:

What I will not do, written as a flat rule:

The morning after: seven lines, then a look

One line a night for a week, then read the week.

Woke at:

What I did:

Phone rule kept?

What kind of day came before this night?

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.