

# The Reassurance-Seeking Log

You asked, they answered, and it worked. For about twenty minutes. Then the same question came back wearing slightly different clothes, and asking again so soon felt like too much, so you looked at their profile instead. By Friday you could not have said how many times you had done either. That number is what this log exists to produce, because reassurance-seeking is the one behaviour in attachment work that reliably hides how often it happens.

**Who this is for:** You have asked whether they still want to be here more times than you would admit out loud, and the answer helps for the rest of the evening and then stops working.

## The four columns and the two reads

### Count the asks

*Every request for the answer, including the ones in disguise.*

Asks today:

---

---

---

The most direct one, in my own words:

---

---

---

Which of them was disguised as something else?

---

---

---

A moment I wanted to ask and did not:

---

---

---

## Count the checks instead

*The looking you do so you do not have to ask.*

Checks today:

---

---

---

The one I did most often:

---

---

---

What was I hoping to find?

---

---

---

## Time the relief

*How long the answer lasted before the question came back.*

How long the relief lasted after the last ask:

---

---

---

What ended it?

---

---

---

Longer or shorter than yesterday?

---

---

---

What was I doing when the doubt came back?

---

---

---

## Mark whether you believed it

*A yes, a no or a partly, next to the answer you got.*

Believed it? Yes, no or partly:

---

---

---

If no, what would I have needed to hear?

---

---

---

Would I have believed that either?

---

---

---

## Read it at day ten

*One read, early, to check the log is honest.*

Highest day so far, and what was happening:

---

---

---

Lowest day, and what was happening:

---

---

---

Is anything being rounded down? Which column?

---

---

---

One thing to count more honestly from here:

---

---

---

## Review the thirty days

*Four totals, one ratio, and the question underneath.*

Total asks, week 1 \_\_\_\_ week 4 \_\_\_\_

---

---

---

Total checks, week 1 \_\_\_\_ week 4 \_\_\_\_

---

---

---

Average relief, week 1 \_\_\_\_ week 4 \_\_\_\_

---

---

---

Checks divided by asks:

---

---

---

The one question underneath all thirty days:

---

---

---

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.