

Secure Attachment Journal Prompts: The Maintenance Log

Most attachment journaling is excavation -- digging at what went wrong and where it came from. These prompts do the opposite job, because security is not built by digging alone: it consolidates when the things that went RIGHT get noticed, understood and made repeatable. This is journaling as a maintenance log: what held under load this week, why it held, and how to do it again on purpose. It is written both for people who tested secure and want to keep it, and for people building earned security who need somewhere to bank the wins.

Who this is for: People maintaining security or building the earned kind -- and anyone who is "the secure one" in a relationship with an insecure partner, which is its own workload.

The five sets

Set 1 -- The weekly holdings report

Six prompts that bank the week's ordinary security, every week.

One thing I asked for directly this week, verbatim if I can:

One irritation said at actual size, and what saying it early prevented:

One repair I was part of -- who moved first, and how long from rupture to normal:

One need (space, help, reassurance) I met without a cover story:

One thing that did NOT escalate this week, and the move that kept it small:

The week's single most repeatable mechanic, written as an instruction to future me:

Set 2 -- Under load (when your footing slips)

Five prompts for the weeks security wobbles, because it does.

What actually slipped this week -- the specific moment I handled unlike myself:

The load audit: sleep, stress, health, season -- what was the wobble made of?

What I did within 48 hours of the slip. Did I repair, or am I still carrying it?

Which old habit the slip resembled -- and one line on the difference between visiting a pattern and living there:

The route back, as a checklist for next time: what restored my footing, in order:

Set 3 -- Being the secure one (the unglamorous workload)

Six prompts for holding steady next to an insecure partner, friend or parent.

Whose nervous system did I help regulate this week, and what did it cost me in hours and headspace:

One moment I absorbed something (a jab, a vanishing, a spiral) rather than naming it. Absorb or name -- did I choose right?

The line between supporting their pattern and servicing it -- where I would draw it this week, in one sentence:

What I need back from this relationship, said plainly here even if nowhere else yet:

One boundary that protects my steadiness, and its current condition (holding / leaking / unbuilt):

Is my own footing being fed -- by whom, by what -- or only drawn on?

Set 4 -- The earned-security ledger (for the builders)

Five prompts that mark distance travelled, for those who got here the long way.

A situation this month the old pattern would have handled differently -- both versions, written out:

The whisper's current best line ("you'll always be...", "one bad month and..."), quoted and dated:

Evidence against it from the last 30 days only -- fresh entries beat old victories:

One place the old pattern still gets a vote. Manageable, or next work?

The distance, measured: something ordinary now that was impossible at my worst. When did it quietly become ordinary?

Set 5 -- The commissioning questions (quarterly)

Five prompts that point the security at something, four times a year.

Where my steadiness was spent this quarter -- and whether that allocation was chosen or default:

One relationship that deserves deliberate deepening next quarter, and the first concrete move:

One hard thing (conversation, decision, attempt) now affordable that vigilance used to price out:

Who learns secure functioning from watching me -- a child, a partner, a friend -- and what they saw this quarter:

The next quarter's commission, in one sentence: this steadiness will be used to ____.

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.