

Secure Attachment Worksheet

Secure attachment is easier to describe than to keep hold of. It is not a personality you either have or lack — it is a set of things people do, most days, especially when a relationship is uncomfortable. This worksheet treats it that way: as practices you can audit and rehearse rather than a score you either passed or failed.

Who this is for: You came out secure and want to know what to keep doing, or you are building earned security and want the target described in behaviour rather than adjectives.

The five practices

1. The baseline audit

Write down what already works before you change anything.

Which relationship do I feel most relaxed in, and what do I do differently there?

When did I last say no without over-explaining? What made that possible?

Where do I already tolerate a partner or friend being in a bad mood without taking it personally?

Which of these behaviours disappears first when I am stressed?

2. The direct ask

Convert one hint into one sentence.

What did I hint at this week instead of asking for?

The direct version, in one sentence:

What am I afraid the answer will be?

If the answer were no, what would I actually do next?

3. The repair drill

Practise the return, not the rupture.

The most recent small rupture I have not closed:

My part, stated without a "but":

The effect on them, as they would describe it:

What I will do differently, specifically enough to be checkable:

4. Calibrating time apart

Find the distance that is restful rather than anxious or numbing.

Blocks of time apart this week, and how each felt:

What did I do with the time — occupy myself, monitor them, or genuinely rest?

How long can I go before I start checking?

How long before I start feeling relieved they are not here?

5. The consistency check

Notice what you are actually selecting for.

In my last three attractions, when was the pull strongest?

What does calm feel like to me — safe, or boring?

Which of my relationship stories do I tell most often, and what does that say about what I value?

One thing I would find genuinely attractive about consistency:

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.