

Weekly Attachment Tracker

Attachment work has a measurement problem. The thing you want to know — am I actually changing — is precisely the thing that is invisible from inside, because your baseline moves with you and a better week simply feels like a normal week. People conclude nothing is happening and stop, usually somewhere around week five.

Who this is for: You have done the reading and some of the exercises and have no idea whether any of it is working.

What goes on the sheet

Number 1: Activations

A count, not a description.

Activations this week (rough count):

The one that was strongest, in five words:

Anything unusual about the week that explains the number?

Higher or lower than last week?

Number 2: Time from activation to settled

This is the one that actually moves.

Longest activation this week, onset to settled:

What ended it?

Was that faster or slower than the equivalent last week?

What would have shortened it by half?

Number 3: Actions you regret

The behavioural outcome, counted plainly.

Actions regretted within a day:

The most costly one:

Was there a gap between urge and action, and how long?

Which one would a delay of twenty minutes have prevented?

Number 4: Direct asks

The thing you want to see going up.

Direct asks this week:

The one that was hardest:

What happened when I made it?

One ask I avoided, and what I did instead:

The twelve-week review

Four lines and a graph you can see from across the room.

Activations: week 1 ____ week 12 ____

Time to settled: week 1 ____ week 12 ____

Regretted actions: week 1 ____ week 12 ____

Direct asks: week 1 ____ week 12 ____

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.