

Attachment Theory Worksheet

Full name: _____ Date of birth: _____ Sex: _____

Contact number: _____ Email address: _____

This worksheet aims to provide a structured approach to understanding and applying the principles of attachment theory in various contexts, including personal relationships, parenting, and therapeutic practices.

Through the following guided questions and activities, try to reflect on your attachment styles, explore the impact of early relationships, and develop strategies for fostering secure attachments in your own lives and with others.

Establishing attachment

Who was in your immediate family and where you lived?

Starting with your earliest memories, can you describe your relationship with your parents or caregivers? What phrases or adjectives come to mind?

Which parent did you feel closest to? And why do you think that was?

When you were upset as a child, what would you do? Who would you go to?

Can you describe your first memory of separation from your parents?

Did you ever feel rejected as a child? Describe this experience.

Did your parents ever threaten you? Describe this experience.

How do you think your early experiences may have affected you in adulthood?

Why do you think your parents behaved as they did?

Additional notes

Avoidance reflection

Avoidant strategies are most problematic when they stop you from being who you want to be or behaving in the way you wish to.

Utilize the following worksheet to become more aware of the situations that cause stress and lead to avoidant behavior.

What emotions are you experiencing when you are most stressed or likely to avoid a situation? For example, anger, fear, shame, guilt, hurt, sadness, etc.

What are you looking for or need when you are most stressed or likely to avoid a situation? For example, affection, warmth, love, intimacy, etc.

What is happening when you are most stressed or likely to avoid a situation? For example, decision-making, losing autonomy, trying to be understood, etc.

Additional notes

Safety and security

Feeling safe and secure is crucial, especially in relationships.

Indeed, “security is about reassurance that connection and resources are and will remain available” and is crucial for relationship collaboration and intimacy (Chen, 2019, p. 43).

Use this worksheet to better understand what is needed to feel safe and secure.

What could you do to help prevent yourself from getting stressed?

What could your partner do to help prevent you from getting stressed?

What could you do to calm yourself down once you are stressed?

What could your partner do to calm you down once you are stressed?

What can you do to reassure yourself of the relationship connection you have?

What things could your partner do to reassure you of the relationship connection you have?

Additional notes

References

Chen, A. (2019). *The attachment theory workbook: Powerful tools to promote understanding, increase stability & build lasting relationships*. Althea Press.

George, C., Main, M., & Kaplan, N. (1985). *Adult attachment interview*. PsycTESTS Dataset. <https://doi.org/10.1037/t02879-000>