

COMPANION WORKBOOK: THE ATTACHMENT RESET

This workbook is designed to be a companion to "The Attachment Reset: 8 Simple Steps to Use the Expanded Attachment Styles Framework to Heal from Trauma, Thrive Regardless of Your Style, and Create Secure Bonds Across All Forms of Love"

The objective is to guide you through a simple, 8 step path to understanding yours and your partner's attachment styles. Learn how experiences fostered development of your style. Finally, you will build your healing toolkit and chart your path to establish secure bonds with those you love.

Step 1

What's Your Attachment Style?

Step 2

Recognize Patterns and Triggers

Step 3

Understand Your Partner's Style

Step 4

Build Trust and Communication

Step 5

Understand Cultural and Familial Impacts

Step 6

Build Your Toolkit for Healing

Step 7

Maintain Passion and Intimacy

Step 8

Stay Consistent and Celebrate Successes

Step 1: What's Your Attachment Style?

Objective:

To help identify which attachment style most closely reflects how you show up in relationships so you can begin the journey toward greater self-awareness, healing and connection,

1.1 Quick Self-Check - Patterns in Love

Instructions: Check all that apply to you. don't overthink - go with your gut response

Secure Attachment

- I feel comfortable depending on my partner and letting them depend on me.
- I can express needs and emotions without fear.
- I bounce back from conflict and handle it constructively
- I don't fear being alone, but I enjoy closeness.

Anxious-Preoccupied Attachment

- I worry my partner doesn't love me as much as I love them.
- I over analyze texts, moods and silences.
- I often feel "too needy" but can't stop myself.
- reassurance helps, but only briefly--I need it again soon after.

Disorganized Attachment

- I've been in chaotic or traumatic relationships.
- I feel scared, numb, or "out of control" in emotional situations.
- I love deeply but often feel I'm not meant to be loved.
- My relationships tend to feel intense, unstable or even toxic.

1.2 Review Your Selections

Count how many statements you checked.

Whichever section has the most checks is likely your dominant attachment style. You may also see patterns across multiple styles--especially if you've had different experiences or partners.

1.3 Reflect

What surprised you about your results?

How has your attachment style shown up in past relationships?

What patterns do you want to keep, and which would you like to change?

What would a secure, healthy relationship look like for you?

Therapist insight

Most people aren't 100% one style. Your attachment behaviors are shaped by childhood experiences and adult relationships. the good news? with awareness and intention, attachment styles can change over time.

