#### 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 along, but I enjoy closeness.

#### <u>Anxious-Preoccupied Attachment</u>

- 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.

#### Dismissive-Avoidant Attachment

- I value my independence over emotional closeness
- I keep my emotions to myself and avoid vulnerable conversations.
- I find emotional displays uncomfortable or excessive.
- I pride myself in not "needing" anyone.

#### Fearful-Avoidant Attachment

- I want closeness but feel overwhelmed by it.
- I worry about being hurt if I let someone in.
- I've sabotaged relationships when they got too serious.
- I can swing between clingy and cold.

#### Anxious-Avoidant Attachment

- I feel anxious when my partner pulls away, but also suffocated when they get too close.
- I struggle to figure out what I really want.
- I feel emotionally chaotic in relationships.
- I often break up and get back together with partners.

#### Avoidant-Dismissive Attachment

- I'm extremely cautious with emotional intimacy.
- I assume people will hurt me, so I keep them at arm's length.
- I mask emotional discomfort with sarcasm and aloofness.
- I often end relationships before they end me.

#### <u>Ambivalent (Anxious-Ambivalent) Attachment</u>

- I crave deep love but fear I won't be chosen or prioritized.
- I get jealous or possessive easily.
- I want ,y partner to anticipate my needs without asking.
- My emotional state is very dependent on how I feel loved that day.

#### 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 liely your dominant attachment style. You may also see patterns across multiple styles--especially if you've had different experiences or partners.

#### 1.3 Reflect



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 shape by childhood experiences and adult relationships. the good news? with

awareness and intention, attachment styles can change over time.

#### 1.4 Self-Reflection

Take a moment to reflect on the relationships in your life. Consider moments where you felt truly secure and supported. What was different about those interactions? Write down three specific behaviors or experiences that made you feel this way.

Now think about how you can incorporate these elements into your current or future relationships. Reflect on any barriers that might prevent you from feeling secure and brainstorm strategies to overcome them. This exercise is a step toward recognizing and cultivating secure attachment traits in your own life.

#### Step 2: Recognize Patterns and Triggers

#### Objective:

To increase awareness of you own emotional landscape, leading to better self management, reduced reactivity and personal growth.

#### 2.1 Self-Reflection

Recall a time when you felt anxious or avoidant in a relationship. What triggered those feelings?

How do you typically respond when a partner seeks space or independence? What emotions arise, and how do you manage them?



## 2.2 Reparenting Reflection: Becoming the Safe, Supportive Adult You Needed

Objective: To practice emotional self-care by reparenting your inner child—offering the comfort, validation, and support you may not have consistently received growing up. This exercise will help you recognize old

Instructions: Take a feq moments in a quiet space. Close your eyes and imagine yourself as a child (age 5-8). See this child clearly-- What are they wearling? What emotions are on their face? What do they seem to need most right now?

Describe your inner child's emotional state in this moment.

What situation or memory is making them upset, scared, lonely or overwhelmed?

What do they wish someone had said or done for them?
Write a letter to this child. Offer comfort, protection and reassurance using kind, nurturing language.

#### 2.3 The Voice of Comfort

Now, imagine you are teh wise and loving caregiver your inner child needs. Write out how you would speak to a child in distress.

If I saw a child who was crying or scared, I would say...

If that child felt like no one cared, I would remind them...

I would hold space for their feelings by telling them...

Read these words back to yourself aloud, as if you're speaking to your current self.

#### 2.4 Applying Self-Nurturing Today

Shift from imagining to taking action. What do you need right now that mirrors what your inner child needed then?
What calming or soothing words do I need to hear today?

What loving boundary or reassurance do I need to give myself?

What is one act of self-care I can offer myslef today?

How can I show myself patience, compassion or forgiveness?

Examples of nurturing acts:

- Take a break and go for a gentle walk
- Wrap yourself in a cozy blanket and journal
- Prepare a meal with care.
- Speak a mantra of kindness:"I am safe. I am worthy. I am loved."

#### 2.5 Rewiring for Resilience

Reflect on how giving yourself nurturing care impacts your emotional state. Consider how this strengthens your ability to show up securely in your relationships.

How do I feel emotionally after offering myself care and compassion?

What new belief about myself or relationships am I beginning to embrace?

How will I remind myself to return to this practice when I feel triggered or disconnected?

#### Step 3: Understanding Your Partner's Attachment Style

Objective: To increase empathy by seeing emotional behaviors through your partner's lens.

#### 3.1 Walk in Their Shoes

Instructions: Think of a recent disagreement, misunderstanding or emotionally charged moment with your partner. Reflect on the scenario using the prompts below:

What did your partner say or do?

What might they have "felt" in that moment?

What core need (e.g., safety, connect. space) might have driven thier behavior?

If they have an avoidant, anxious or fearful style, how might that have influenced their reaction?

How could I have responded in a way that showed understanding of that need?

Reflection: What did I learn about how my partner expresses vulnerability?

How can I better respond to that vulnerability next time?

#### 3.2 The Emotion Decoder

Objective: To build emotional intelligence by learning to interpret emotional signals and deepen your understanding of your partner's emotional landscape.

Instructions: Over the next 3 days, pay attention to subtle cues from your partner--tone, body language, energy levels. Record moments where something seemed "off" or emotional but unspoken.

#### 3.3 Compromise Blueprint

Objective: To explore recurring points of tension and brainstorm ways to meet both partner's needs.

What is the issue? )e.g. time alone vs time together, texting frequency, conflict styles)

What do I need in this situation?

What might they need based on their attachment style?

Where is the overlap or common ground?

What flexible options can I offer?

What boundaries are non-negotiable?

Create your compromise plan: Use "If-Then" language to draft a plan:

(Ex: "If I start to feel anxious, I will communicate this instead of withdrawing. If my partner needs space, I will agree on a check-in time later.")

#### 3.4 The Connection Check-In

Couples-Based - Secure Base Building

Objective: To create emotional safety, consistency and open comm

Instructions: Set aside 20-30 minutes each week to sit down togethe

Couple agreement:

We listen without judgment

We take turns speaking and reflecting.

We end with one appreciation or gratitude for each other.

- What's been on your mind lately (not just about us)?
- When did you feel most connected this week?
- Is there anything I did that made you feel distant or unseen?
- How can I support you better this week?
- Did you feel heard in recent decisions we've made?
- Is there anything we should plan or decide together right now?

Suggestions: Choose a weekly time and create a ritual around it--co

#### Step 4: Trust and Communication

Objective: Reflect on past experiences that shaped your ability to trust.

#### 4.1 Trust Timeline - A Personal Reflection

Instructions: Think back to 3 relationships (romantic, family or friendships) where trust played a role. Fill in the table below:

Relationship	Was trust present?	What built trust?	What broke trust?	How did I react?

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#### Reflection Questions:

- What patterns do you notice?
- How do you currently react when trust is challenged?
- What would rebuilding trust look like for you now?

#### 4.2 Rewriting Communication Scripts

Objective: Replace reactive phrases with secure, empathetic communication.

Instructions: Write down 3 common phrases or reactions you use during emotional conversations. Rewrite them to reflect healthier communication.

#1: What I usually say

What I'm really feeling

What I could say instead

#2:

What I usually say

What I'm really feeling

What I could say instead

What I usually say
What I'm really feeling
What I could say instead
<ul><li>Reflection Questions:</li><li>What triggers you to say the original phrase?</li><li>How would it feel to respond to the new version?</li></ul>

#3:

#### 4.3 The Trust Talk - A Guided Couple's Conversation

Couples-Based - Build Safety and vulnerability Instructions: Schedule uninterrupted time. Take turns asking and answering the questions. Listen fully before responding.

- What makes you feel emotionally safe with me?
- What are signs that you trust me?
- What behaviors make it harder for you to trust?
- What helps you open up emotionally?
- What would help us feel more connected during conflict?
- Ground Rules:
- No interruptions.
- Repeat what you heard before responding.
- Validate your partner's answer (e.g., "That makes sense to me.")
- Suggestion: Make this a monthly ritual.

#### 4.4 Analyze Conflicts

Analyze a recent conflict you experienced. Reflect on the emotions you felt and how they influenced your responses.

What were the underlying needs driving your actions? Consider your partner's perspective as well. What might have been their needs and triggers?

What did you learn and how can you apply these insights in future disputes?

#### Step 5: Cultural Impacts

Objective: Reflect on cultural, societal and familial experiences that helped form your attachment style.

## 5.1 (OPTIONAL) Mapping My Attachment Journey in an LGBTQ Context

(Move to section 5.2 if this does not apply to you)

• Objective: To reflect on how your experiences have shaped your attachment patterns and how support systems like "chosen Family" contribute to current and future relationships.

#### Step 1: Cultural and Family Influence

What message di you receive growing up-either directly or indirectly-about your LGBTQ+ identity?

How did your family respond to your identity (If you've come out)? How did this shape your feelings about trust, love and safety?

Were there any specific events that made it difficult to express vulnerability or form close emotional bonds?

#### Step 2: Chosen Family and Support Systems

Who makes up your "chosen family" or support systems today? How have these relationships helped you feel more secure, seen or valued? What qualities in these relationships make you feel safe?

## Step 3: Attachment Awareness in LGBTQ+ Relationships When you're in a relationship, do you notice tendencies to avoid closeness, seek reassurance, or feel securely connected?

How do societal pressures (e.g., fear of rejection, discrimination, or lack of representation) affect how you show up in romantic relationships?

What strengths or special qualities do you bring to relationships?

# Step 4: Looking Forward - Affirming Your Needs Finish this activity by identifying how you can continue to build secure attachments in future or current relationships. What boundaries or communication habits help you feel emotionally safe?

What support-therapeutic, communal or personal support would

What's one thing you want to affirm to yourself about your

help you deepen your security in relationships?

worthiness of love and connection?

# 5.2 Attachment in Diverse Family Structures (e.g., Single-Parent, Grandparent-Led, Blended Family, Foster Home, Adoption, etc.

(Move forward if this does not apply to you)

Objective: To explore how your family structure growing up shaped your ability to trust, connect and form attachments in relationships today. This reflection helps increase awareness and begin the path toward secure attachment.

## Step 1: My Family Structure Then and Now Who were your primary caregivers growing up?

Was your family structure stable or did it change over time?

Who did you go to for emotional support as a child or teen?

How did the roles of siblings, step-parents or extended family shape your sense of connection or safety?

Step 2: Attachment Patterns in Present Day Relationships Objective: Now connect those early experiences to how you show up in relationships today
How do you think your early family structure influenced how you trust others now?
Do you feel secure, anxious, or avoidant in your close relationships?
How do transitions (e.g., breakups, cohabitation, blending families) affect you emotionally?

What emotional habits or beliefs from your family upbringing do you want to carry forward-=and which ones do you want to change?

#### Step 6: Tools for Healing

Objective: To identify strategies and resources to support you in your journey to healing.

#### 6.1 Emotional Trigger Checklist

Instructions: Create a checklist of common emotional triggers and note which ones resonate with you. Include things like specific phrases, settings or actions. For each trigger, write down a grounding exercise or other tool from the chapter that you found helpful. Revisit the checklist regularly and track your progress and adjust strategies as needed.

## 6.2 Emotional Intelligence Reflection - A Guided Couple's Conversation

Couples-Based - Deepen your emotional connection by practicing appreciation, empathy and reflection.

Instructions: Set aside a quiet evening with your partner and work through the steps below.

#### Step 1: Share Appreciation

Each of you, take a moment to share one thing you appreciate about the other. Focus on the feelings behind your appreciation (e.g., "I feel comforted when you..." rather than just the action.

#### Step 2: Explore a Recent Emotion

Choose a recent situation where both of you experienced strong emotions (joy, frustration, excitement, etc.). Take turns describing how you felt and why, while your partner listens without interrupting.

#### Step 3: Reflect Together

Together, discuss what you learned about yourself and each other from the conversation. Consider how your emotions influenced your reactions and what you could do differently next time to support one another.

#### Step 7: Maintaining Passion and Intimacy Over Time

Objective: To strengthen emotional closeness, appreciation and excitement in your relationship

#### 7.1 Maintaining Passion and Intimacy

Couples-Based

Instructions: Set aside time with your partner, free of interruptions and work through the steps below.

Step 1: Guided Conversation

Take turns responding to the following prompts

- What are 3 things your partner does that makes you feel most attractive, desired and appreciated by your partner?
- How do you define intimacy, both physically and emotionally?
- Share your favorite memory of an intimate moment and what made it meaningful.
- What new activity or experience would you like to try together to keep your connection exciting?

Reflection: Discuss what you learned about each other's needs and desires. End by choosing one small action or idea you can put into practice this week.

#### 7.2 Create Your Daily Rituals

Individual exercise

Instruction: Use your phone or a notepad to create your checklist

Step 1: List three daily rituals you can start incorporating into your relationship. Consider morning gratitude exchanges, evening check-ins, and small acts of kindness.

Step 2: Pick a day each week for a spontaneous adventure. write down a few ideas for things you'd like to try together. Keep this checklist visible--on your fridge or as a reminder on your phone. Over the next few weeks, make a conscious effort to integrate these rituals into your routine.

Reflect on how they impact your relationship. Make adjustments as needed to keep the connection strong and vibrant.

#### Step 8: Stay Consistent and Celebrate Your Successes

Objective: Develop a groWth mindset around relationship progress

#### 8.1 Mix It Up!

Objective: To keep the relationship interesting and engaging by incorporating regular bonding activities.

Step 1: Establish a routine of randomly picking fun activities to continue learn about each other. Pick activities from Chapter 8 or any others you find that are fun and couples-based that you can do together.

Step 2: Celebrate your growth. Whenever you see improvement in an area you're working on, find some way to celebrate.

Step 3: Enjoy an individual reward or enjoy a reward together if you are in a relationship.

Step: 4: Stay committed!

#### APPENDIX - A

#### The Expanded Attachment Framework

STYLE	CORE FEAR	KEY TRAITS	RELATIONSHIP PATTERN
Secure	None	Trust, openness, balance	Healthy bonds and conflict resolution
Anxious-Preoccupied	Abandonment	Clingy, Seeks reassurance	Over-invests emotionally
Dismissive-Avoidant	Dependence	Emotionally distant, Independent	Avoids emotional intimacy
Fearful-Avoidant	Rejection + Closeness	Push-Pull. Confused, Intense	Sabotages intimacy and connection
Anxious-Avoidant	Emotional Overwhelm	Mixed signals, Chaotic	Inconsistent and dramtic relationships
Avoidant-Dismissive	Vulnerability	Guarded, Distrustful	Defensively distant and withdrawn
Ambivalent	Inconsistency, Neglect	Emotional Extremes, possessive	Jealousy and need for constant proof
Disorganized	Unsafe attachment	Fragmented, traumatized, dysregulated	Volatile or toxic relationship patterns

#### APPENDIX - B

36 Questions That Lead to Love - Arthur Aron

#### Set I:

- Given the choice of anyone in the world, whom would you want as a dinner guest?
- Would you like to be famous? In what way?
- Before making a telephone call, do you ever rehearse what you are going to say? Why?
- What would constitute a "perfect" day for you?
- When did you last sing to yourself? To someone else?
- If you were able to live to the age of 90 and retain either the mind or body of a 30 year old for the last 60 years of your life, which would you want?
- Do you have a secret hunch about how you will die?
- Name three things you and your partner appear to have in common.
- For what in your life do you feel most grateful?
- If you could change anything about the way you were raised, what would it be?
- Take four minutes and tell your partner your life story in as much detail as possible.
- If you could wake up tomorrow having gained any one quality or ability, what would it be?

#### Set II:

- If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know.
- Is there something that you've dreamed of doing for a long time? What haven't you done it?
- What is the greatest accomplishment of your life?
- What do you value most in a friendship?
- What is your most treasured memory?
- What is your most terrible memory?
- If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
- What does friendship mean to you?
- What roles do love and affection play in your life?
- Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
- How close and warm is your family? Do you feel your childhood was happier than most other people's?
- How do you feel about your relationship with your mother?

#### Set III:

- Make three "we" statements each. For instance "We are both in this room feeling..."
- Complete this enters: "I wish I had someone with whom I could share..."
- If you were going become a close friend with your partner, please share what would be important for him or her to know.
- Tell your partner what you like about them; be honest thistle, saying things that you might not say to someone you've just met.
- Share with your partner an embarrassing moment in your life.
- When did you last cry in front of t of another person? By yourself?
- Tell your partner something you like about them already.
- What, if anything, is too serious to be joked about?
- If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
- Your house, containing everything you own, catches fire.
   After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- Of all the people in your family, whose death would you find most disturbing? Why?
- Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to how you seem to be feeling about th problem you have chosen.