



FaithWorks Counseling
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Attachment in Dating Relationships – Worksheet

Understanding your patterns and building healthier connections

What is Attachment? (In Your Own Words)

Attachment is how we connect emotionally in relationships.

👉 Write what attachment means to you:

My Attachment Style

Read each and check the one that fits you best (you can choose more than one):

- Secure** – I feel comfortable with closeness and independence
- Anxious** – I worry about being rejected or not loved enough
- Avoidant** – I value independence and struggle with closeness
- Fearful-Avoidant** – I want love but also fear getting hurt

👉 What makes you think this is your style?

How Does This Shows Up in My Dating Life?

👉 When I like someone, I tend to:

👉 When I feel unsure or insecure, I:

👉 During conflict, I usually:

👉 One pattern I've noticed in my relationships is:

Triggers & Emotional Reactions

👉 Things that trigger anxiety, fear, or withdrawal in me:

👉 What I usually think in those moments:

👉 What I feel in my body (heart racing, tension, etc.):

My Needs in a Relationship

👉 I feel safe in a relationship when:

👉 I need more of this in relationships:

👉 I need less of this in relationships:

Healthy Communication Practice

👉 Instead of reacting, I can say:

"I feel _____ when _____
and I need _____."

👉 Write one real example:

Challenging Unhelpful Thoughts

👉 A common thought I have is:

👉 A more balanced thought could be:

Moving Toward Secure Attachment

Check 1–3 things you are willing to practice this week:

- Pause before reacting
- Express my needs clearly
- Use calming skills (breathing, grounding)
- Challenge negative thoughts
- Set a healthy boundary
- Choose relationships that feel safe and respectful

👉 My goal for this week:

Reflection

👉 What did I learn about myself from this worksheet?
