



## **Relationship Inventory and Attachment Triggers**

### **1. Names of partners.**

- a.
- b.
- c.
- d.
- e.
- f.

### **2. What is / was the relationship like? What recurrent patterns can you recall?**

- a.
- b.
- c.
- d.
- e.
- f.

**3. Situation that triggered activation or deactivation of attachment system.**

a.

b.

c.

d.

e.

f.

**4. My reaction (thoughts, feelings, and actions).**

a.

b.

c.

d.

e.

f.

**For insecure attachment working models and principals (see image below).**

# Tools For Anxiously Attached



~Be willing to acknowledge your childhood pain

~Bring compassion to the parts of yourself that feel abandoned

~Question the validity of your fears when triggered

~Learn to express your needs directly

~Share your abandonment fears with those who earn your trust

~Work with a therapist/guide consistently to build a healthy relational template

~Learn to own when you project or act out on your fears in unhealthy ways

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\*Attachment theory by John Bowlby + Mary Ainsworth

**5. How do I lose out by succumbing to these working models and principals?**

**6. Identify a secure role model who is relevant to this situation. How is he / she relevant?**