

DAILY DOWNLOADS

Private Client Love Recalibration Workbook

A structured diagnostic and recalibration process for identifying and shifting the internal patterns affecting your love life.

Instructions

Answer each question honestly. Choose the response that reflects your real behavior. At the end, calculate your score.

1. When your person pulls away:

- A. I feel anxious and overthink
- B. I shut down emotionally
- C. I try harder to fix it
- D. I feel urgency to control it

2. What hurts you most:

- A. Rejection
- B. Exposure
- C. Being unappreciated
- D. Lack of control

3. When uncertain:

- A. Seek reassurance
- B. Withdraw
- C. Overgive
- D. Force clarity

4. Your belief:

- A. I am not enough
- B. I must protect myself
- C. I must earn love
- D. I must control outcomes

5. Mixed signals:

- A. Trigger anxiety
- B. Cause distance
- C. Make me try harder
- D. Create obsession

6. Inconsistency makes you:

- A. Doubt yourself
- B. Pull away
- C. Overcompensate
- D. Panic

7. Your fear:

- A. Abandonment
- B. Vulnerability
- C. Being drained
- D. Waiting

8. Pattern:

- A. Anxiety
- B. Avoidance

- C. Overgiving
- D. Control

9. When insecure:

- A. Seek validation
- B. Hide feelings
- C. Overextend
- D. Take control

10. If they return:

- A. Fear loss again
- B. Fear closeness
- C. Overgive again
- D. Control again

11. What needs healing:

- A. Self-worth
- B. Openness
- C. Boundaries
- D. Trust

12. Nervous system:

- A. Hyperactive
- B. Numb
- C. Pleasing
- D. Restless

13. You crave:

- A. Consistency
- B. Safety
- C. Reciprocity
- D. Certainty

14. When powerless:

- A. Panic
- B. Disconnect
- C. Give more
- D. Force

15. Healthy love fear:

- A. Losing it
- B. Being seen
- C. Not giving
- D. Letting go

16. Statement:

- A. I need reassurance
- B. I hide feelings
- C. I overgive
- D. I control

17. Practice:

- A. Self-soothing
- B. Openness
- C. Boundaries
- D. Detachment

18. Pain:

- A. Inconsistency
- B. Closeness
- C. Imbalance
- D. Uncertainty

19. Habit:

- A. Overthinking
- B. Avoiding
- C. Overgiving
- D. Obsessing

20. Transformation:

- A. Security
- B. Vulnerability
- C. Self-respect
- D. Trust

Your Score

Count how many of each letter you selected.

A (Anxious): _____

B (Avoidant): _____

C (Self-Abandonment): _____

D (Control): _____

Your highest score reveals your dominant emotional pattern. If two are close, both patterns are active.

A – Anxious Attachment

You are highly sensitive to inconsistency and may rely on external validation. This creates pressure and fear-based reactions that affect the connection. Your work is building internal security and emotional regulation.

B – Avoidant Pattern

You protect yourself by staying guarded. This creates emotional distance and prevents full connection. Your work is safe vulnerability and emotional openness.

C – Self-Abandonment

You give deeply but often lose yourself. This creates imbalance and resentment. Your work is boundaries and self-respect.

D – Control Pattern

You struggle with uncertainty and attempt to manage outcomes. This creates urgency and pressure. Your work is trust and detachment.

Daily Integration

Day 1

What triggered me today?

How did I respond?

What pattern showed up?

What did I do differently?

What am I reinforcing?

Day 2

What triggered me today?

How did I respond?

What pattern showed up?

What did I do differently?

What am I reinforcing?

Day 3

What triggered me today?

How did I respond?

What pattern showed up?

What did I do differently?

What am I reinforcing?

Day 4

What triggered me today?

How did I respond?

What pattern showed up?

What did I do differently?

What am I reinforcing?

Day 5

What triggered me today?

How did I respond?

What pattern showed up?

What did I do differently?

What am I reinforcing?