

Journal Prompts for Relationships & Attachment Style

Exploring Relationship Patterns

1. What messages did you receive about love and relationships growing up?
2. How do you typically respond to conflict in relationships?
3. Do you find it easy or difficult to trust others? Why?
4. How do you react when someone pulls away emotionally or physically?
5. What are three recurring patterns you've noticed in your relationships?
6. How do you feel when someone sets a boundary with you?
7. How do you handle emotional vulnerability in relationships?
8. What do you need from a partner or friend to feel emotionally safe?
9. Are there any fears or insecurities that affect your relationships?

Strengthening Emotional Connections

10. How do you show love and affection to others?
11. How do you like to receive love? (Think about the five love languages.)
12. What does a healthy relationship look like to you?
13. What qualities do you value most in a partner or close friend?
14. How do you handle feelings of jealousy or insecurity in relationships?

Healing and Growth

15. Have you ever had to let go of a relationship for your own well-being? How did it impact you?
16. What is one relationship wound that still affects you today?
17. How can you create healthier relationship patterns moving forward?
18. What is one thing you can do to strengthen an important relationship in your life?
19. If you could give your younger self relationship advice, what would it be?