



# MY ATTACHMENT STYLE



The goal of this activity is to help individuals explore their attachment style through personal reflection. By examining their past experiences and relationships, participants can gain insight into their attachment patterns and better understand how these patterns may be influencing their current relationships and behaviors.

**Instructions:** Reflect and mindfully answer the following questions in your journal. Writing is a powerful exercise: be honest with yourself and approach this exercise with compassion and curiosity. Remember, this is a personal exploration of your attachment style, and there are no right or wrong answers.

## 1) Reflect on Early Caregiver Relationships

Think about your earliest memories of interactions with your primary caregivers (parents or guardians). What was the nature of these relationships? Are there any specific events or experiences from your childhood that might have shaped your attachment style? Were your caregivers consistent and nurturing, or were there moments of inconsistency or neglect? How do you think these early experiences may have shaped your attachment style today?

## 2) Identify Patterns in Past Relationships

Think about your past romantic relationships or close friendships. Are there recurring patterns or themes in these relationships? Consider how you tend to express your needs, handle emotional intimacy, or react to conflicts. What insights can you gain about your attachment style based on these patterns?

## 3) Recognize Emotional Responses

Reflect on your emotional responses in different relationship scenarios. Consider how you typically react to conflict or situations that trigger vulnerability in your relationships. When someone you care about becomes emotionally distant or when you experience a conflict with a loved one, what emotions arise? How do you typically cope with these emotions? Do they align with characteristics of specific attachment styles?

## 4) Examine Current Relationship Dynamics

·Explore your feelings of trust, intimacy, and independence in your current relationships, whether they are romantic, familial, or friendships. How do you communicate your needs, boundaries, and expectations in these relationships? Do you notice any tendencies or challenges related to attachment styles, such as a fear of abandonment, difficulty with intimacy, or a desire for independence?

## 5) Explore Growth and Healing

Imagine your ideal self in terms of attachment style. What changes or personal growth would you like to see in your attachment patterns? How can you work on developing a more secure attachment style or addressing any insecure attachment tendencies? What steps can you take to nurture healthier relationships and emotional well-being

Exploring one's attachment style through personal reflection is a valuable exercise in self-awareness. It can help individuals gain insight into their behaviors, emotions, and relationship patterns, ultimately leading to healthier and more fulfilling connections with others.

