HER ALCHEMY COACHING • REFLECTION SERIES

ATTACHMENT: WHEN CONNECTION FEELS UNCERTAIN

Noticing what you do when closeness, distance, or belonging feels at risk

Relationships can activate powerful patterns around closeness, safety, reassurance, independence, and fear of loss. Rather than reducing yourself to a label, it can be more useful to notice what you tend to do when connection feels uncertain. Patterns are not fixed identities; awareness can create room to respond differently.

NOTICE THE PATTERN

I MOVE TOWARD	I MOVE AWAY
I seek reassurance, over-explain, pursue, fix, monitor, or work harder to secure the relationship.	I shut down, detach, minimize my needs, become highly self-reliant, or leave before I can be left.
I OVER-FUNCTION	**I LOSE MY CENTER**
I take responsibility for another adult's emotions, choices, problems, recovery, or consequences.	I become so focused on preserving the connection that I stop asking what I need, value, or actually want.

Connection does not require self-abandonment.
You can care deeply about another person while remaining responsible for your own choices - and allowing them to remain responsible for theirs.

PAUSE + REFLECT

• What do I tend to do when I fear disconnection?	• What am I trying to make certain, prevent, or control?
• Where do I confuse caring with carrying?	• What would staying connected to myself look like in this relationship?

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