

Attachment styles

Notice How I Seek Connection

Adults | 10 to 15 minutes

Attachment language may help some people discuss relationships, but a label cannot tell the whole story. Choose one recent moment of closeness or distance. Describe what you actually noticed, what you needed, and what choices were available without assigning yourself or another person a fixed type.

Use one current example. Separate observation, interpretation, and a response you would like to choose.

Describe the moment

Notice what happened before you moved closer, pulled away, or felt unsure. Include context such as tiredness, past promises, safety, or access. You do not need to identify a childhood cause to understand a present need.

Try a clearer request

Choose a request that respects both people's choices, such as asking when a conversation can resume. If the situation involves intimidation or control, focus on private support instead of making the relationship feel secure through your effort alone.

1. What happened before I wanted more closeness or distance?**2. What did I notice in my feelings, body, and actions?****3. What need or uncertainty might explain this moment without defining my identity?****4. What clear request or private support would fit now?****Clinical use and adaptation**

Do not score, diagnose, infer caregiver behavior, or equate adult attachment labels with childhood attachment disorders. Explore current safety and cultural meaning. Avoid using attachment language to excuse harmful conduct or make one partner responsible for the other's regulation.