

Anxious attachment patterns

Find a Steadier Response to Uncertainty

Adults | 10 to 15 minutes

A delayed reply or changed plan may bring a strong fear about the relationship. Choose one manageable example. The aim is not to argue yourself out of needing connection. It is to notice what is known, what remains uncertain, and how to care for yourself without increasing pressure or monitoring.

Write the facts and your interpretation separately. Choose one request, self-support, or boundary that fits the actual situation.

Separate the message from the meaning

For example, no reply since lunch is an observation; they no longer care is an interpretation. Consider agreed expectations and patterns of reliability. Do not dismiss real broken agreements or threats as merely your anxiety.

Choose a respectful response

You might send one clear check-in, return to a planned activity, or discuss communication expectations later. Avoid password demands, repeated tracking, or tests of loyalty. If the relationship feels unsafe, seek private support rather than more reassurance from the person causing harm.

1. What event triggered my fear about connection?**2. What do I know, and what meaning am I adding?****3. What connection need or agreement deserves a clear conversation?****4. What response supports me while respecting privacy and choice?****Clinical use and adaptation**

Do not assign a fixed attachment type or dismiss actual relational harm. Assess compulsive reassurance patterns, trauma, and safety when relevant, without imposing an exposure plan through the worksheet. Avoid framing partner surveillance as care or making another person responsible for all distress relief.