

Secure attachment

Practice One Reliable Connection Habit

Adults | 10 to 15 minutes

Rather than deciding whether a relationship earns a secure label, consider what happens in everyday moments. Choose one relationship where participation feels safe. Notice a behavior that supports trust, such as following through or respecting a pause, and identify one action you can choose yourself.

Choose a specific interaction. Describe what reliability or respect would look like and plan one realistic action.

Look for observable behaviors

Examples include checking a promise before making it, listening to a correction, and accepting a no. These actions can be noticed without assuming you know someone's inner state. No single habit proves that a relationship is safe in every situation.

Make a realistic commitment

Choose something within your control, such as sending an update when plans change. If you miss it, identify an honest repair. Leave space for the other person's preferences and do not make their availability or affection a reward for your effort.

1. What everyday behavior helps me experience reliability or respect?**2. When have I noticed it, and what context matters?****3. What specific habit can I choose and sustain?****4. How will I invite feedback or repair a missed commitment?****Clinical use and adaptation**

Do not assign attachment types or imply that security eliminates conflict or uncertainty. Privately assess coercion and current safety before joint use. Avoid prescribing affection, disclosure, or dependence. A person's efforts cannot make an abusive relationship safe through better attachment habits.