

Journal Prompts For Anxious Attachment

1. What are the situations that trigger your anxious attachment?

2. What are your biggest fears and concerns when it comes to being in a relationship?

3. Do you worry you may not be good enough for someone? Why?

4. What makes you feel most insecure in your relationships?

5. What beliefs do you have about yourself that are contributing to your anxious attachment?

6. How do you think learning to better manage your anxious attachment could improve your life?

7. How do you handle conflict in relationships?

8. What do you think is the root cause of your anxious attachment?

9. How have past relationships contributed to your anxious attachment?

10. What do you find most challenging about relationships?

11. How does your anxious attachment affect your partner and relationship?

12. What do you tend to do or avoid doing to reduce your anxious attachment? What healing coping skills can you use to manage your anxious attachment?

13. How can you work on increasing your self-esteem?

14. What can you do to make yourself feel more secure in relationships?

15. What can your partner do to help you feel more secure?

16. What activities or hobbies do you enjoy?

17. How can you connect with yourself more?

18. How can you show yourself love and compassion?
