

Are You Anxiously Attached?

If you're wondering whether you are anxiously attached, the following list will provide some insight. Read each statement and check off the ones you relate to:

- You are very sensitive to fluctuations in your partner's moods and often, you take your partner's behaviors too personally.
- You become more anxious if your partner doesn't answer a text quickly and often make repeated attempts to contact them when you don't get a response.
- You constantly talk with your friends about your partner and your relationship.
- You find yourself continuously thinking about your partner at the expense of other interests.
- You love to be very close to your romantic partners, yet often fear that your partner does not wish to be as close as you want them to be.
- You often find it difficult to explain what's bothering you or ask for you need.
- You often give up what you want to do in order to do what you believe your partner wants.
- You stalk your partner online to know about their every move.
- You tend to feel unhappy when not in a relationship.

Notes:

Acknowledging Your Needs

Receiving requires being able to name our needs, ask for them, and accept help.

The following is a list of common emotional and relational needs. Check off the one you relate to and ones of your own:

- Feeling loved
- Feeling cared for
- Feeling respected
- Feeling safe
- Being heard
- Being validated
- Being served in some way
- Being included
- _____
- _____
- _____
- _____
- _____

Soothing Yourself

Come up with a list of activities or things you can do to soothe yourself and regulate your emotions.

Commit yourself to incorporate those activities in your life even when you're not anxious so that they become second nature.

The following are some examples:

- Reading your favorite book
- Meditating
- Allowing yourself to cry
- Listening to the radio or to a podcast
- Exercising
- Dancing
- Singing
- Watch a funny movie or funny videos
- Soak in the bathtub
- Write in your journal
- Cook your favorite dish
- Go for a walk
- Have a warm drink
- Pray
- Play with your pet
- _____
- _____
- _____