

Coaching Worksheet:

Moving From Fearful-Avoidant to Secure Attachment

Use this worksheet to support emotional clarity, deepen your healing, and track your progress.

Emotional Awareness

1. What emotions tend to overwhelm you the most in relationships?
2. What situations most often trigger your withdrawal or shutdown?
3. What physical sensations show up when you feel fear or vulnerability?
4. What emotions do you avoid expressing, and why?

Triggers & Core Beliefs

1. What are your top three relationship fears?
2. What old beliefs still influence your trust, self-worth, or closeness?
3. What evidence do you have that these beliefs are no longer fully true?

Secure Attachment Skills Practice

1. What boundary do you want to practice this week?
2. What need do you usually ignore that you will now express?
3. What small vulnerability can you share with someone safe?

Nervous System Regulation

1. What grounding techniques help you calm down the fastest?
2. What is your plan for calming your body during conflict or emotional intensity?

Relationship Clarity

1. Who in your life feels emotionally safe? Why?
2. Who triggers old patterns, and how can you stay grounded around them?

3. What would a secure relationship look like for you personally?

Future Self Integration

1. What does your securely attached self believe about relationships?

2. How does your securely attached self behave during conflict?

3. What is one action you can take today to embody secure attachment?

