

# ANXIOUS ATTACHMENT WORKBOOK & JOURNAL PROMPTS



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# WHAT IS ANXIOUS ATTACHMENT?

An attachment is the way we relate to our partners, based on how we learned to give and receive love when we were children. Anxious preoccupied, or ambivalent attachment relationships are characterized by a concern that others will not reciprocate one's desire for intimacy. People with an anxious attachment style are concerned with the availability and responsiveness of their partner or others close to them, such as friends or family members. Anxious attachers crave intimacy but also remain anxious regarding whether their partners will meet their emotional needs. Autonomy and independence can make them feel insecure. In addition, they can become distressed if they experience inconsistency or a lapse of emotions from their partner. Their main concern in a relationship is their fear of rejection and abandonment, which has a profound impact on their decision making and the way they relate to conflicts and problem solving in the partnership.



## HOW DOES IT DEVELOP?

Anxious attachment develops when a parent or caregiver is inconsistent with their response to a child's emotional needs. This could mean that the caregiver would sometimes be emotionally available to the child while other times they would be cold and closed off. Children don't fully understand why their parent is giving them inconsistent emotional care and support, simply because they don't have the means to think logically, or to reason. Therefore, they grow up being fearful that they won't get the emotional support or love that they need at any given time, and develop coping mechanisms to ensure they stay close to their attachment figures at any cost. It is important to remember that our parents did the best they could for us with the knowledge available to them, at the emotional awareness they had.



# HOW DOES IT SHOW UP IN OUR ADULT RELATIONSHIPS?

Anxious attachment shows up in our relationships in many forms, but the most prominent sign is a deep fear of abandonment and rejection. This fear produced many side effects and coping mechanisms over the years, most of which we consider 'normal relationship behaviour'.

**Never saying no.** As anxious attachers we have a tendency to say yes to things we don't agree with or don't want. As children we learned to people please, in order to connect to our primary caregivers, and we carry this behaviour into our adult relationships.

**Not setting boundaries** is another behaviour that shows up in adult relationships. Healthy boundaries are there to protect us. Setting them isn't selfish or demanding. It's vital for anxious people to learn how to set them and how to respect the boundaries of others.

**Pretending to be fine** and masking our mental state or our feelings erodes the relationship. Our unexpressed feelings come back in bursts of anger, contempt or nagging, causing further anxiety in the partnership.

**Assuming instead of asking.** One of the most common problems I come across in my coaching sessions is that people are afraid to ask their partner to clarify their feelings or behaviour and instead they use their own imagination to fill in the blank. Eg. we notice our partner to act differently and instead of asking what the reason for the change is, we make up stories that reflect negatively on our own worth or connection with the partner.

A lot of anxious attachers exhibit an over-focus on the partner, because they learned as children that an overfocus on the parent is necessary to avoid conflict or to be able to determine their mood. As adults, anxious attachers tend to focus on their partner in order to get closer and build a connection. This will result in losing themselves in the process and neglecting their own needs.



## HOW DO WE ACT IN RELATIONSHIPS WITH AN ANXIOUS ATTACHMENT STYLE?

We have a certain set of unconscious behaviours that we 'practise' to stay close to our partners and maintain our 'importance' in their lives. These behaviours are a result of not learning healthy communication techniques in our childhood, not knowing how to express our feelings and the internalised shame of 'not being good enough'.

We manipulate in order to get what we want. It is subtle ways of manipulation, for example making our partner feel sorry for us, trying to make them regret what they did or even subtle ways of gaslighting. We may even try to make our partner jealous.

We are clingy and needy. We need constant contact and reassurance in order to feel the connection so we neglect to respect our partner's boundaries, push in on them or make them feel bad to take time out of the relationship.

We are jealous, and often irrationally so. We catch our partner mentioning a coworker, look at another person on the street or speak to a friend in a way we interpret as flirtatious, and we jump to conclusions.

We micromanage our partner's lives in an effort to make ourselves invaluable and a 'great asset to have'. This goes hand in hand with choosing people who we can fix, save or take care of.

We try to control the outcome of certain situations to feel safe, eg. when and where we go out to dinner, who is invited to a party we throw or what our partner can or cannot do.

We go from 0 to 100 in a matter of minutes. Have you ever experienced a sudden burst of anger or rage that you were simply unable to control? This is very common for the anxiously attached for more than one reason. We grew up in a constant seesaw of emotions and have learned that ups and downs are normal. At the same time we have a lot of underlying anger, frustration and resentment built up, and it resurfaces when we are triggered.

We assume roles of saviour, fixer and caretaker. It is a subconscious way in which we try to prove our worth in a relationship. Therefore we choose people who need to be saved or fixed; avoidants, or people with narcissistic traits, or people who just cannot commit.

We believe we can change others. We think we can love people into change and so we often date or marry potential.

We believe that we need to work hard to be loved, because as children we learned that love is earned and not freely given and deserved. Another reason why we often choose avoidant partners, if we can make them love us, then it's the biggest win.

We believe that frequent ups and downs are the norm. We grew up with patterns of hot and cold, with our caregivers attending to our needs on an inconsistent basis. It has become a benchmark that makes us uneasy in a balanced relationship

# ANXIOUS ATTACHMENT HEALING

## WHY IS IT IMPORTANT TO HEAL YOUR ANXIOUS ATTACHMENT?

The attachment style we have impacts how we choose our partners in life, how we build relationships and how we manage the ups and downs of a partnership. This is the basis of how we connect, create and maintain intimacy, and of how well we manage differences in our adult relationships. Anxious attachments show up in our relationships in many forms, and unfortunately most of them has a negative impact. Learning to become secure will help maintain a healthy self and a healthy connection, as well as a fulfilling relationship.

Attachment trauma is one of the biggest challenges worldwide that people face in their partnerships, and traditional psychotherapy cannot always offer an effective solution. However, the benefits of anxious attachment healing has a significant impact on your life and relationships.

## ANXIOUS ATTACHMENT HEALING HELPS YOU:

- Recognize emotionally available people
- Make the right decisions in your relationships
- Cultivate self-dependence and self-assurance
- Feel safe without needing external validation
- End codependency and people-pleasing
- Shift the focus on recognising and meeting your own needs
- Develop healthy self-awareness and self-regulation techniques
- Love another person fully without the constant fear of being rejected

# HOW TO START BECOMING SECURELY ATTACHED?

Anxious attachment can be changed, and with effort, self-awareness and commitment you can start shifting towards secure attachment. It takes open and honest communication, laying out a 'relationship blueprint' and following up consistently with it. Secure relationships are based on mutual respect for each other, the ability to ask for what we need and communicate what we don't, and the ability to repair and reconnect after a fight.

1. Practice self-awareness and start noticing your triggers
2. Learn about your partner's attachment style and love language
3. Take yourself out of triggering situations and soothe yourself
4. Practice reflecting instead of reacting when triggered
5. Talk about your triggers and traumas
6. Communicate your needs and boundaries to your partner
7. Learn to set and respect healthy boundaries
8. Agree on a relationship blueprint and follow up
9. Practice interdependence in your relationship
10. Give yourself the same love and reassurance you need from your partner
11. Learn to be happy and fulfilled on your own

**Anxious attachment  
can be changed with  
self-awareness and  
continuous effort**



















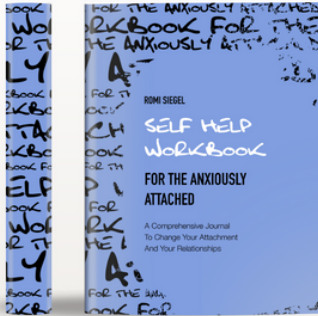








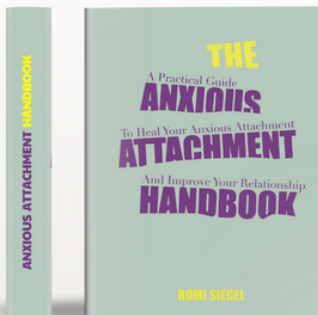
# ANXIOUS ATTACHMENT BOOKS



## Self Help Workbook for the Anxiously Attached

A comprehensive journal to help you discover your anxious attachment and cultivate secure best practices.

[LEARN MORE](#)



## The Anxious Attachment Handbook

Your all in one, easy to follow directory to learn everything there is, about anxious attachment and how to heal it.

[LEARN MORE](#)

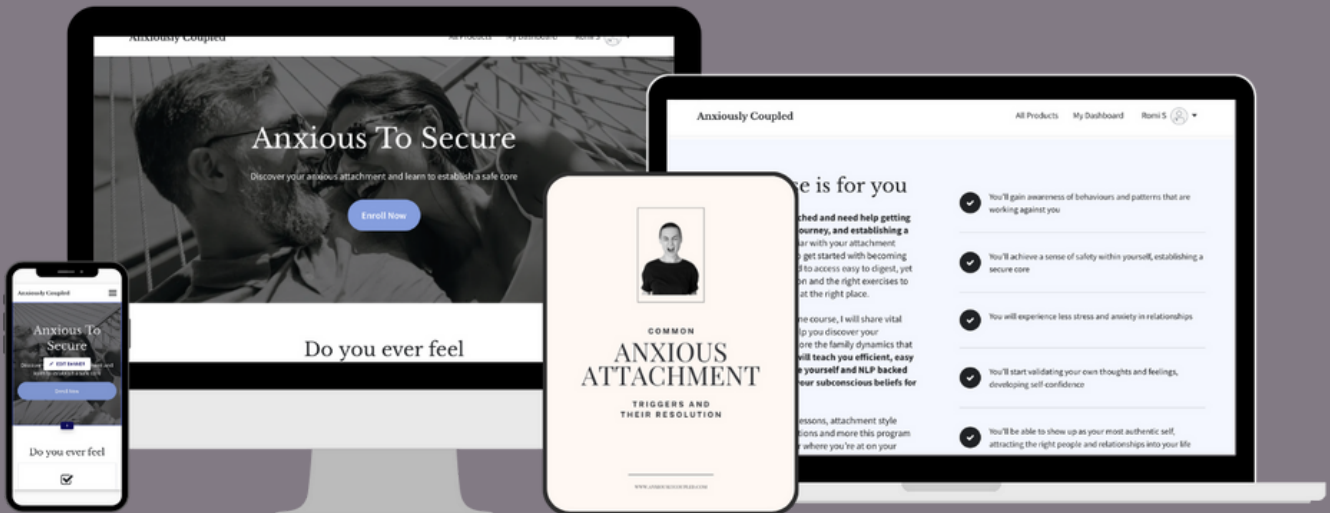


## The Relationship Gratitude Journal

The Relationship Gratitude Journal makes it easier than ever to practise gratitude in your relationship.

[LEARN MORE](#)

# 'ANXIOUS TO SECURE' COURSE



## Anxious to Secure – Online course

This course is for you if you are anxiously attached and need help getting started on your healing journey, and establishing a secure self. Are you familiar with your attachment style, but find it difficult to get started with becoming secure? Do you find it hard to access easy to digest, yet comprehensive information and the right exercises to support you? Then you're at the right place.

In this super-efficient online course, I will share vital and core knowledge to help you discover your attachment style and explore the family dynamics that led to its development. I will teach you efficient, easy to use methods to soothe yourself and NLP backed exercises to reprogram your subconscious beliefs for a secure self.

[LEARN MORE](#)