

Understanding a relationship pattern

Adult attachment research often describes anxiety about availability and avoidance of closeness as dimensions. A fixed label cannot tell you why a particular person acted as they did. Your experience may vary between relationships and situations. These original questions do not produce a score or a type.

1. Choose one current situation

Reflect on your own experience. You do not need to guess a partner's history or complete a personality test.

What situation do I want to understand?

What do I notice myself doing, and what is happening around me?

2. Identify a need or preference

Clarity, space, reliable plans and a chance to talk can all be reasonable needs. A request gives someone a choice; it does not guarantee agreement.

What would make the situation clearer or more workable?

What request or boundary could I put into plain words?

3. Try one observable change

Choose something within your control, then notice whether it is useful. Mixed feelings or uncertainty are valid places to begin.

One thing I would like to try:

What will I look for when I review it?

Support and scope

Attachment language is educational context, not a diagnosis or an explanation for every relationship problem. For ongoing distress or a situation that feels unsafe, consider appropriate support.

Support options: attachmentshift.com/support

Background reading: [R. Chris Fraley: adult attachment measurement and classification limits](#). The worksheet is original; a source link is not an endorsement or validation of this exercise.

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