



THE COACHING GROUP

# ATTACHMENT STYLE

YOUR ATTACHMENT STYLE IS FORMED FROM YOUR RELATIONSHIP WITH YOUR EARLIEST CAREGIVER AND INFLUENCES HOW YOU FORM AND KEEP RELATIONSHIPS THROUGHOUT YOUR LIFE. THIS EXERCISE WILL HELP YOU REFLECT ON PATTERNS AND EXPLORE THE EFFECT YOUR ATTACHMENT STYLE HAS ON YOUR RELATIONSHIPS.

Think about your past and present relationships. Consider any recurring patterns or behaviours you've noticed in how you relate to others. Reflect on specific situations that triggered emotional responses.

Look for patterns that align with the characteristics of different attachment styles. Pay attention to your reactions to closeness, intimacy, and potential abandonment.

Reflect on your emotional responses. Identify how you typically respond to stress, conflict, or moments of vulnerability in relationships. Explore the underlying emotions driving your reactions.

List positive and negative traits associated with your identified attachment style. Consider how these traits manifest in your relationships and impact your connection with others.

Think of a recent situation that was influenced by your attachment style. How could it have been handled differently?

Consider areas where you want to enhance your strengths or work on challenges associated with your attachment style.

