Theresa Babbs-Durrant

My Attachment Patterns

A gentle reflection workbook on how I connect

Before you begin
Attachment ideas offer one way of reflecting on how we connect with others. They are not a diagnosis, a fixed label or a prediction. Online “attachment style” quizzes can't tell you who you are, and neither can this workbook.

Most people move differently depending on who they're with and how safe they feel. Patterns can and do shift with new experiences. This resource is for personal reflection and general information only. It is not a diagnostic tool, a clinical assessment or a substitute for professional advice, diagnosis or treatment, and it cannot tell you whether you have a mental health condition. Your answers stay with you. They are not collected or reviewed by me. This resource is for adults (18+).

Part 1: How I tend to move when connection feels uncertain

Think about close relationships when things feel tense or uncertain. Tick what feels closest. These are not categories, and you might recognise yourself in more than one.

Moving towards	Not really me	A bit like Me	Very like me
I reach out more, or want to talk things through straight away.			
I look for reassurance that things are okay between us.			
I find it hard to settle until it's resolved.			

Moving away	Not really me	A bit like Me	Very like me
I need space to settle before I can talk.			
I'd rather handle things on my own than depend on someone.			
I go quiet or change the subject when feelings get intense.			

Keeping the peace	Not really me	A bit like Me	Very like me
I smooth things over, even when I'm hurt.			
I put other people's needs ahead of mine to avoid conflict.			
I find it hard to say no or to say what I need.			

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Shutting down	Not really me	A bit like Me	Very like me
I sometimes go blank or numb in difficult conversations.			
I find it hard to find words when I'm overwhelmed.			
I withdraw completely and need a long time to come back.			

Looking at my ticks, what do I notice? Does it change with different people?

Part 2: Early messages (only if comfortable)

You can skip this part - If thinking about early experiences feels painful or unsettling, skip this page. There's no need to go further than feels right.

When I was upset growing up, what usually happened was...

I learned that needing something meant...

I learned that closeness was...

Part 3: The dance

In many relationships, one person moves closer when tension rises while the other moves away, and each makes the other's response stronger. Both are trying to feel safe.

In a close relationship, when tension rises I tend to...

The other person tends to...

What each of us may be trying to protect:

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Part 4: What helps me feel steadier

Being asked how I am	☐	Predictability	☐
Space, with a promise to return	☐	Reassurance said out loud	☐
Time to think before I answer	☐	Gentle humour	☐
Being listened to without fixing	☐	Small gestures of care	☐

Something I could ask for:

Something I can offer in return:

Part 5: Small experiments

Pick one to try this week, only if it feels manageable.

- Say one honest sentence about how I feel.
- Ask directly for what I need, instead of hoping it will be noticed.
- Stay in a difficult conversation a few minutes longer.
- Say, “I need a bit of space, and I'll come back to this at ____.”

Many people find that steady, new experiences of connection, including within therapy, gradually change how safe closeness feels. There's no timeline for this.

If you need support now

- In an emergency, or if you feel you can't keep yourself safe: call 999.
- Samaritans (free, 24 hours): 116 123.
- Shout (free text support, 24 hours): text SHOUT to 85258.
- Northern Ireland: Lifeline (free, 24 hours): 0808 808 8000.
- If a relationship feels unsafe: National Domestic Abuse Helpline (England) 0808 2000 247, 24 hours. Domestic and Sexual Abuse Helpline (Northern Ireland) 0808 802 1414, 24 hours. In Scotland and Wales, please search for your national domestic abuse helpline.

Worried about your health? Speak to your GP. Out of hours, call NHS 111 in England, Scotland or Wales. In Northern Ireland, your GP surgery will direct you to the out-of-hours service.

If you'd like to talk it through

If something here resonated and you'd like help making sense of it, I'd be glad to hear from you. You are welcome to book a free, no-obligation consultation. There's no pressure to, and nothing in this resource needs to be shared with me.

Providing Counselling Services
in Windermere, and online
across the UK

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