



Attachment & Relationship Needs Discovery

Exploring What Helps You Feel Safe, Loved,
and Understood

Instructions: Take your time to reflect on each prompt. There are no right or wrong answers—this is about better understanding your emotional needs and relationship patterns.

PART 1

Exploring Your Attachment Style

Growing Up...

Who did you go to for comfort?

How did they respond when you were upset or needed help?

Were emotions talked about in your family?

Your Relationship with Closeness and Independence:

What feels more comfortable—emotional closeness or emotional space?

Do you worry your partner might leave, lose interest, or be too needy?

When someone gets too close, do you feel the urge to withdraw?

Common Emotional Patterns in Relationships:

What do you typically do when you feel:

Hurt: _____

Lonely: _____

Ignored: _____

Overwhelmed: _____



PART 2

Identifying Your Core Needs in a Relationship

What Helps You Feel Loved and Safe? Circle or check any that apply:

- | | |
|---|---|
| <input type="radio"/> Physical touch | <input type="radio"/> Honesty |
| <input type="radio"/> Kind words | <input type="radio"/> Consistency |
| <input type="radio"/> Quality time | <input type="radio"/> Shared goals |
| <input type="radio"/> Acts of service | <input type="radio"/> Playfulness |
| <input type="radio"/> Thoughtful gestures | <input type="radio"/> Respect for your boundaries |
| <input type="radio"/> Aftercare | <input type="radio"/> Other: _____ |
| <input type="radio"/> Emotional reassurance | |

Fill in the Blanks:

I feel secure in a relationship when _____

I feel hurt in a relationship when _____

I feel most connected to my partner when _____

When I'm struggling, I need my partner to... (e.g., give me space, offer reassurance, sit with me in silence, help me problem-solve)

PART 3

Communication & Conflict

During conflict, I tend to... (e.g., shut down, explain, withdraw, raise my voice, cry, try to fix things quickly)

When someone apologizes or repairs with me, I need... (e.g., sincerity, validation, physical affection, action to change, time)

PART 4

Building a Relationship That Feeds You

My ideal relationship feels like...

Three things I wish my partner (or future partner) understood about me:

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Optional Homework

Track your emotions and needs for one week. At the end of each day, ask yourself:

- Did I feel emotionally connected to anyone today?
- What need was met or unmet?
- How did I respond?



REVIVE INTIMACY

REBUILDING PATHWAYS TO CONNECTION AND INTIMACY

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