

# WORKBOOK



## 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.

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## PART 1

# *Exploring Your Attachment Style*

### **Growing Up...**

Who did you go to for comfort?

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

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Were emotions talked about in your family?

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### **Your Relationship with Closeness and Independence:**

What feels more comfortable—emotional closeness or emotional space?

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

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

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### **Common Emotional Patterns in Relationships:**

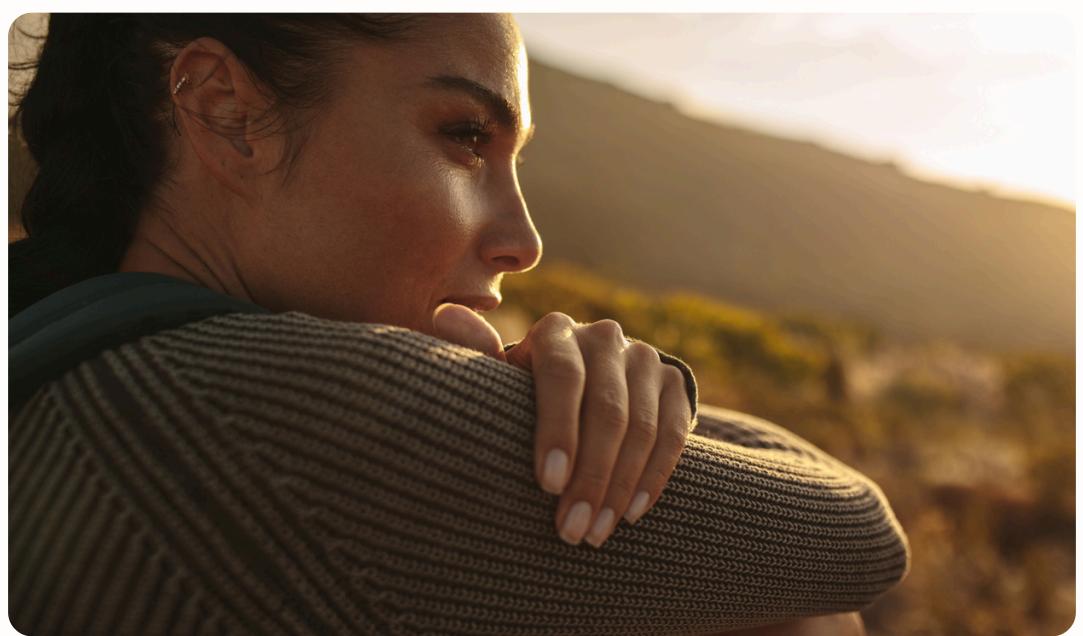
What do you typically do when you feel:

**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:

- Physical touch
- Kind words
- Quality time
- Acts of service
- Thoughtful gestures
- Aftercare
- Emotional reassurance
- Honesty
- Consistency
- Shared goals
- Playfulness
- Respect for your boundaries
- Other: \_\_\_\_\_

### **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)**

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## PART 3

# *Communication & Conflict*

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

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

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## PART 4

# *Building a Relationship That Feeds You*

**My ideal relationship feels like...**

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## **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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