WORKSHEET 149 · FOR THE PSYCHOLOGIST

My attachment figures

The people I turned to, then and now

AIM

Identify the person's attachment figures across their life (safe haven, secure base) and how they responded, to understand their current relational expectations.

WHO IT IS FOR

Start of work on relationships, repeated relational difficulties, transitions (living abroad, separation, bereavement).

DURATION

20-30 min

HOW TO RUN IT

1. Introduce the two functions: safe haven (whom I turn to when I'm not well) and secure base (who encourages me to explore).
2. The person lists their important figures, from childhood to today, not only their parents.
3. For each one: how they responded when the person needed them.
4. Identify what those experiences may have taught them about others and about themselves.

POINTS TO WATCH

> Stay descriptive and don't judge the parents. If memories of abuse come up, don't explore them in detail at this stage. These worksheets are not attachment tests: none of them replaces a clinical interview or a validated questionnaire. Avoid locking the person into a "style". If there is current violence in a relationship, safety comes first, not attachment work.

REFERENCES

Bowlby, J. (1988). A Secure Base: Parent-Child Attachment and Healthy Human Development. Basic Books.

Hazan, C. & Shaver, P. (1987). Romantic love conceptualized as an attachment process. Journal of Personality and Social Psychology, 52(3), 511-524.

PSYCHOLOGIST'S NOTES

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WORKSHEET 149 · WORKSHEET TO HAND OUT

My attachment figures

An attachment figure is someone you turn to when you are afraid, in pain or need comfort, and who also gives you the drive to explore. It may be your mother or father, but also a grandparent, a childminder, a sibling, a teacher, a partner, a friend.

1. Note the people who have been important to you in this way, from childhood to today.
2. Write at what stage of your life.
3. Write how they responded when you needed them.
4. Write what they taught you about relationships.

The person	At what stage	How they responded to my needs	What they taught me

What I notice when I look at these people together:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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