WORKSHEET 150 · FOR THE PSYCHOLOGIST

My attachment map

Anxiety and avoidance, depending on the relationship

AIM

Help the person to place, in a reflective and non-diagnostic way, their tendencies towards attachment anxiety and avoidance in different relationships, to show that they vary from one bond to another.

WHO IT IS FOR

People who have “labelled” themselves with online tests, couple difficulties, complicated family or friendship relationships.

DURATION

15-20 min

HOW TO RUN IT

1. Explain the two dimensions: anxiety (fear of abandonment, need for reassurance) and avoidance (discomfort with closeness, relying on oneself).
2. The person chooses 3 to 5 important relationships (partner, parent, friend, colleague…).
3. For each one, they estimate their anxiety and avoidance from 0 to 10, with a concrete example.
4. Look at the differences between relationships and what they say about each bond.

POINTS TO WATCH

> This is not a measure: the ECR (Brennan et al., 1998) and its versions are the validated questionnaires. Differences between relationships are to be expected (Fraley et al., 2015). 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

Fraley, R. C. & Shaver, P. R. (2000). Adult romantic attachment: Theoretical developments, emerging controversies, and unanswered questions. Review of General Psychology, 4(2), 132-154.

Fraley, R. C., Hudson, N. W., Heffernan, M. E. & Segal, N. (2015). Are adult attachment styles categorical or dimensional? A taxometric analysis of general and relationship-specific attachment orientations. Journal of Personality and Social Psychology, 109(2), 354-368.

PSYCHOLOGIST’S NOTES

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WORKSHEET 150 · WORKSHEET TO HAND OUT

My attachment map

Research describes adult attachment with two dimensions: anxiety ("I'm afraid of being abandoned") and avoidance ("I'm uncomfortable when we are too close"). You don't "have" a style: you can feel very different depending on the person. This worksheet isn't a test: it is a map to reflect on.

1. Choose 3 to 5 important relationships.
2. For each one, rate your anxiety from 0 to 10: how afraid you are of being rejected or of not being loved enough.
3. Rate your avoidance from 0 to 10: how uncomfortable you are with closeness or with depending on the other person.
4. Write a concrete example.

The relationship	Anxiety (0-10)	Avoidance (0-10)	An example

What changes from one relationship to another, and why I think that is:

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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