WORKSHEET 153 · FOR THE PSYCHOLOGIST

My secure base today

The people and places that reassure and encourage me

AIM

Map the current sources of security (haven and base) and how the person uses them, to strengthen the support available, especially during transitions.

WHO IT IS FOR

Isolation, living abroad, separation, bereavement, people who never ask for help.

DURATION

20 min

HOW TO RUN IT

1. Recall the two functions of support in adults: being a haven in difficulty and a base for daring (Feeney and Collins, 2015).
2. The person notes the people, groups, places or activities that fulfil these functions today.
3. For each one: how often they turn to it and what sometimes stops them.
4. Choose a bond to strengthen or rebuild.

POINTS TO WATCH

> An animal, a place or a community can provide comfort without being an “attachment figure” in the strict sense: what matters is the support that is felt. 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

Feeney, B. C. & Collins, N. L. (2015). A new look at social support: A theoretical perspective on thriving through relationships. Personality and Social Psychology Review, 19(2), 113-147.

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

PSYCHOLOGIST’S NOTES

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WORKSHEET 153 · WORKSHEET TO HAND OUT

My secure base today

As adults we still need people to turn to when we aren't well (a haven) and who encourage us to move forward (a base). That need isn't weakness: it is human. This worksheet helps you see whom you can count on today.

1. Note the people (and, if you like, the groups or places) that reassure or encourage you.
2. Write what they give you: comfort, encouragement or both.
3. Write how often you turn to them.
4. Write what sometimes stops you.

Who or what	What it gives me	How often	What sometimes stops me

A bond I want to strengthen or rebuild, and how:

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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