WORKSHEET 156 · FOR THE PSYCHOLOGIST

My memories of security

Remembering moments when someone was there for me

AIM

Strengthen the sense of attachment security by recalling in detail moments of support, comfort or encouragement (inspired by research on “security priming”).

WHO IT IS FOR

Relational anxiety, a sense of loneliness, preparing for a stressful situation, as a complement to stabilisation work.

DURATION

10 min, to repeat

HOW TO RUN IT

1. Invite the person to recall 3 to 5 moments when someone was there for them (even briefly, even someone outside the family).
2. For each memory: the scene, what the other person did or said, what it produced in the body.
3. Suggest returning to one of these memories for a few minutes, noticing the sensations of calm or warmth.
4. Encourage rereading the list before a stressful situation.

POINTS TO WATCH

> The effects of security priming have mainly been shown in the short term; the lasting effect of repetition remains to be confirmed (Gillath et al., 2008). If no memory comes, draw on an imagined compassionate figure (worksheet 129). 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

Gillath, O., Selcuk, E. & Shaver, P. R. (2008). Moving toward a secure attachment style: Can repeated security priming help? Social and Personality Psychology Compass, 2(4), 1651-1666.

Mikulincer, M. & Shaver, P. R. (2016). Attachment in Adulthood: Structure, Dynamics, and Change (2nd ed.). Guilford.

PSYCHOLOGIST’S NOTES

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WORKSHEET 156 · WORKSHEET TO HAND OUT

My memories of security

Remembering a moment when someone was there for you (a hand on your shoulder, a reassuring sentence, someone who came) can bring back some calm and confidence. These memories are resources you can keep close at hand.

1. Recall 3 to 5 moments when someone was there for you, even briefly.
2. For each one, describe the scene: where, who, what the person did or said.
3. Note what you feel in your body now as you remember it.
4. Choose your favourite memory for difficult moments.

The scene	What the person did or said	What I feel as I remember it

The memory I keep for difficult moments:

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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