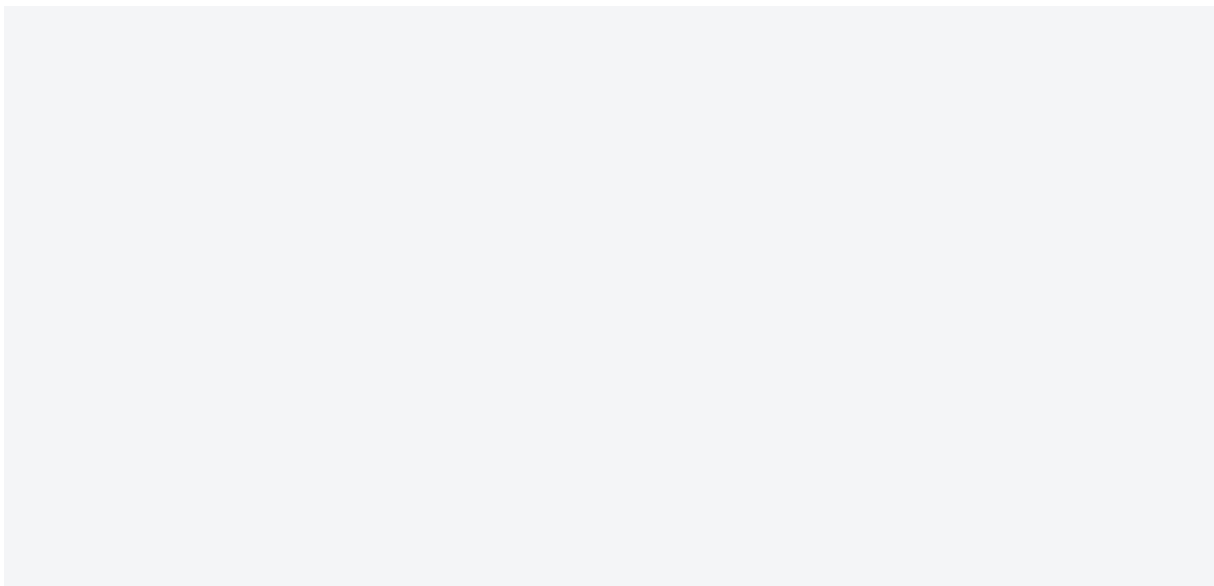


## Anxious Attachment Patterns

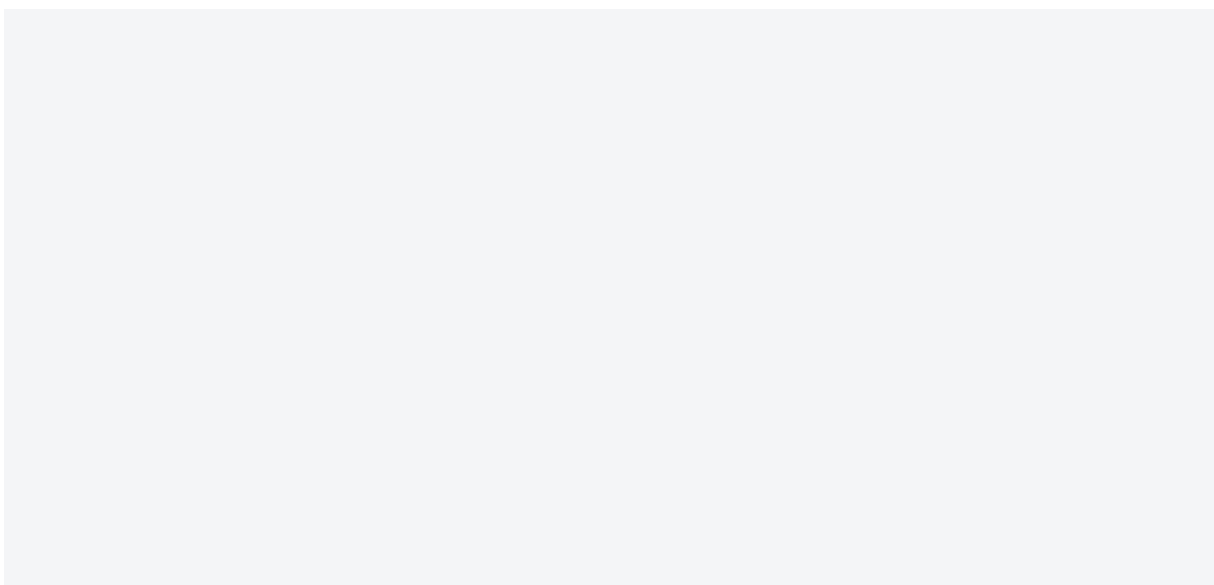
The following exercise can be used to identify and understand anxious attachment patterns in a relationship, by digging deeper into an uncomfortable experience.

Spend a few minutes sitting comfortably while thinking of a time in this or a previous relationship when you felt bad.

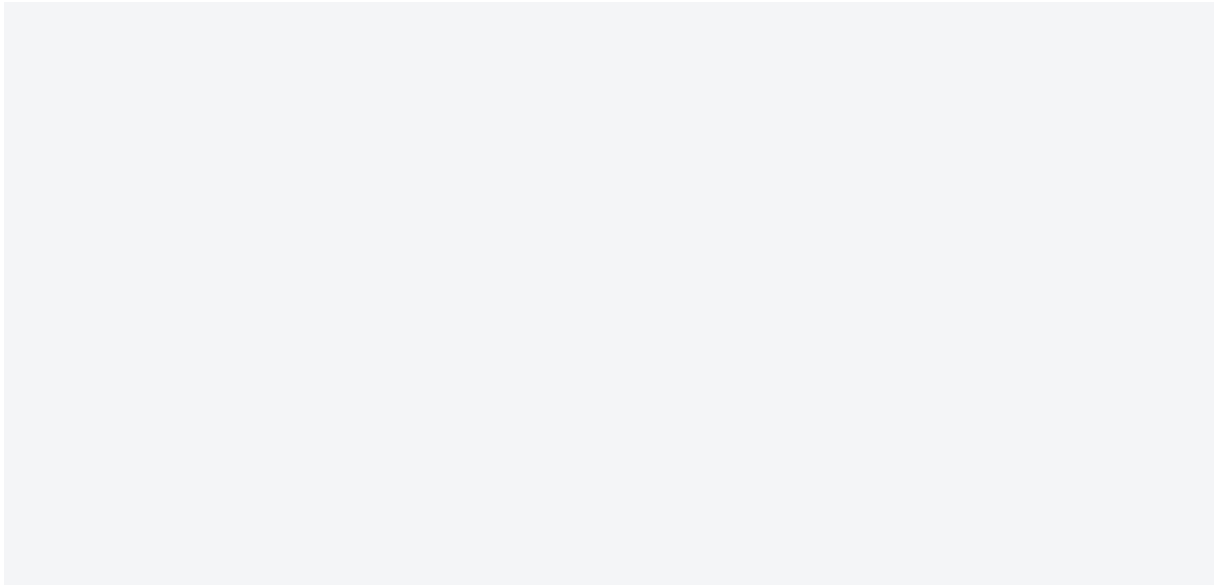
What was the trigger(s) that made you feel upset or emotional? Perhaps you or your partner were dishonest or your partner was upset that you couldn't share how you felt?



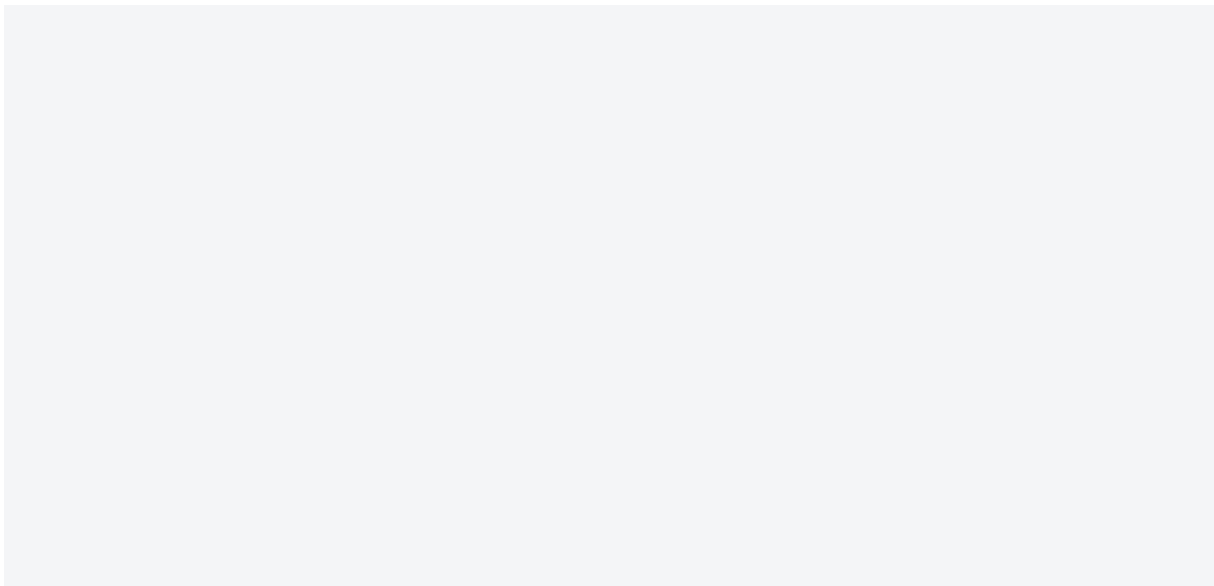
Next, describe the worst part of the incident.



Now, think back to why the incident had such a profound effect on you and describe it below.



Finally, how has that incident, and others like it, impacted your current relationship?



The insights gained will help you understand your existing relationship and unhelpful triggers more clearly.

Dr. Jeremy Sutton