

Secure Attachment Action Plan

Name: _____

Instructions

Under each sign of secure attachment, please list two actions that you can start taking to improve in that area.

Sign #1: Able to regulate emotions and feelings in a relationship

Action #1: _____

Action #2: _____

Sign #2: Strong goal-oriented behavior when on your own

Action #1: _____

Action #2: _____

Sign #3: Great at bonding, opening up to, & trusting others

Action #1: _____

Action #2: _____

Sign #4: Knowing what you're about in life and what purpose you want to fulfill

Action #1: _____

Action #2: _____

Sign #5: Can communicate your needs effectively

Action #1: _____

Action #2: _____

Sign #6: Feeling like you have an impact on the world around you

Action #1: _____

Action #2: _____

Sign #7: Comfortable with closeness & mutual dependency

Action #1: _____

Action #2: _____

Sign #8: Actively seek emotional support from your partner and also give emotional support to your partner

Action #1: _____

Action #2: _____

Sign #9: Comfortable being alone and use that time to explore

Action #1: _____

Action #2: _____

Sign #10: Strong capacity to reflect on how you are being in a relationship

Action #1: _____

Action #2: _____
