

SECURE ATTACHMENT

CHECK-IN AND DISCUSSION

NEED

RATING

1 = I DON'T FEEL THIS
3 = I FEEL THIS SOMETIMES
5 = I FEEL THIS CONSISTENTLY

PROTECTION

I feel physically and emotionally safe

1 2 3 4 5

ATTUNEMENT

I feel seen and known and believe someone is "tuned in" to my experience

1 2 3 4 5

REASSURANCE

I feel soothed and comforted when I need it

1 2 3 4 5

VALUED

I feel my important person(s) express delight when they see me

1 2 3 4 5

ACCESSIBLE

I know I can reach for my person(s) when I need them and they will be there

1 2 3 4 5

RESPONSIVE

I feel my person(s) turn toward me to respond to my feelings when I share

1 2 3 4 5

ENGAGED

I feel my person(s) "lean in" and get involved when I share my experience and concerns

1 2 3 4 5

SECURE ATTACHMENT

SELF CHECK-IN

EXPERIENCE

RATING

1 = I DON'T FEEL THIS

3 = I FEEL THIS SOMETIMES

5 = I FEEL THIS CONSISTENTLY

I make decisions based on my values, not fear, as I feel secure

1 2 3 4 5

I trust my own needs are valid and I assess who can meet them

1 2 3 4 5

I share deeper emotions and recognize protective "surface" emotions

1 2 3 4 5

I set boundaries about what I will tolerate, as I am not ruled by fear

1 2 3 4 5

I check-in with myself and actively plan to fulfill my own needs

1 2 3 4 5

I confront problematic behavior and am willing to have uncomfortable conversations

1 2 3 4 5

I pause, regulate, and respond instead of react

1 2 3 4 5

I can name past beliefs that fueled disconnecting behavior(s)

1 2 3 4 5