



# How your relationship style impacts on each other

## Activity 1 Attachment styles in your relationship

**Reflect on the following statements. Do you agree or disagree?**

My partner and I can easily connect on an emotional level. Y/N

My partner listens to me attentively. Y/N

I never feel lonely in the relationship. Y/N

My partner puts me first. Y/N

If I need my partner's attention, I get it. Y/N

## Activity 1

When I am unsure of a situation I can lean on my partner. Y/N

Even when we argue I know that I am important to my partner. Y/N

We can talk about our fears, hurts, insecurities. Y/N

I know that my partner wants to know how I am feeling. Y/N

My partner knows when I am in distress and tries to address this with me. Y/N

I can trust my partner to be ok with me being honest about difficult feelings. Y/N

Even when we are not physically together I know that my partner is there for me. Y/N

*If you mainly answered yes to the questions above, your relationship seems to be secure.*

## Activity 2

**Compare your answers to the statements in Activity 1 with your partner's answers.**

Do you agree on most of these statements?  
Are there areas that need further attention?

Are there situations where you felt particularly connected with your partner?  
Share these with each other.

Are you both aware of responding from a more anxious or avoidant position in certain situations? Are there particular trigger points for both you?

Can you come up with three very specific things that you can do for each other that enable both of you to feel more secure in your relationship.

## Activity 3

**Complete the following sentence stems separately first and then compare your answers. You may decide to focus on one of you first when discussing the answers and then dedicating time to the other at another time.**

When you ....., I tend to not feel very safe in the relationship.

In order to feel cared for, I need ...

I often do.... in the hope that it will bring me closer to you.

When I feel hurt I ....

The more you ....., the more I ....

What I really like is when you ...