

SECURE SELF DEVELOPMENT

This worksheet acknowledges that we have been operating (to some capacity) from insecure ways of experiencing love (i.e. Anxious Preoccupied, Dismissive Avoidant or Disorganized Attachment Styles).

Attachment Theory suggests that we have learned these specific ways of relating to ourselves and others through what was modeled to us in childhood and through other influential factors in our life. Neuroscience shows us that just as we've learned these specific ways of thinking, feeling and behaving, we can unlearn them and create new, **secure** ways of thinking, feeling, and behaving through consistent and repetitive practice, thus ultimately shifting the way we experience ourselves and our relationships. This is how we break generational patterns!

It's important to keep in mind that changing our habits and patterns do not feel natural at first, it can feel quite forceful or uncomfortable, so please be compassionate and patient with yourself (and others) during this adjustment process.

This worksheet will help you become more in tune with the secure version of yourself (aka the version of yourself that embodies the thoughts, feelings and behaviors that you are striving for).

You can see this worksheet as your compass to guide you in the right direction and get you back on track when needed.

According to research studies, these are some traits and behaviors associated with a Secure Attachment Style:

KNOWS THEIR NEEDS AND IS COMFORTABLE COMMUNICATING THEM.
HAS FLEXIBLE BOUNDARIES AND IS FLEXIBLE IN THEIR APPROACH WITH GETTING THEIR NEEDS MET. (THEY ARE NEITHER TOO RIGID OR TOO LOOSE WITH THEIR BELIEF SYSTEMS OR WAYS OF OPERATING).
COMMUNICATES BOUNDARIES WHEN THEY ARE BEING VIOLATED.
GOOD SELF-ESTEEM AND ARE ACCEPTING OF THEIR IMPERFECTIONS.
KIND TO THEMSELVES AND COMPASSIONATE WITH WHEN THEY MAKE MISTAKES.
TRUSTING OF OTHERS AND UNDERSTANDS THAT PEOPLE ARE NOT PERFECT / GOOD WORKING MODEL OF OTHERS / GOOD WORKING MODEL OF THE WORLD.
UNDERSTANDING AND FORGIVING (PART OF THEIR FLEXIBLE NATURE)
CAN SEE MULTIPLE SIDES TO A SITUATION. SENSITIVE TO PEOPLES EXPERIENCES.
OPEN TO NEW EXPERIENCES.
FEELS COMFORTABLE DISCLOSING ABOUT THEMSELVES & MORE DEEPLY CONNECTING WITH OTHERS.

WARM / COMPASSIONATE.

HAS A HEALTHY SUPPORT SYSTEM & SEEKS OUT SUPPORT WHEN NEEDED.

COMMITTED TO THEIR ROMANTIC PARTNER AND COMING UP WITH HELPFUL SOLUTIONS.

CAN MORE EASILY TAKE RESPONSIBILITY FOR THEIR ACTIONS / LESS REACTIVE.

UNDERSTANDS THAT THEIR NEEDS MAY BE DIFFERENT THAN OTHERS / OPEN TO MEETING THEIR PARTNERS NEEDS.

ARE MINDFUL OF THEIR PROJECTIONS (AKA THEIR STORIES).

ARE INTERDEPENDENT (HEALTHY DEPENDENCY).

WHEN TRIGGERED, CAN SELF-SOOTHE IN A HEALTHY WAY.

Please keep in mind that no one person completely operates in this way, all of the time, but it's a healthy framework to strive for.

Please answer the following questions to your best ability:

1) How does your Secure Self view themselves? *(i.e. open, receptive, confident, sensitive, giving, friendly, thoughtful, logical, autonomous, resilient, poised, patient, compassionate...)*

2) How does your Secure Self view their romantic partner? *(i.e. safe, caring, well intentioned, loving, trusting, supportive...)*

3) How does your Secure Self view their family members? *(i.e. accepting of differences, compassionate, forgiving, flexible with boundaries, aware of generational patterns, respectful of individual needs...)*

4) How does your Secure Self view the world? *(i.e. expansive, unique, optimistic, intriguing, possibilities, opportunities, growth, lessons, experiences to be had...)*

5) How does your Secure Self handle stress and conflict?

6) How does your Secure Self communicate their needs?

7) What does your Secure Self do when others can't meet your needs?

7) How does your Secure Self respond to their partners unique needs?

8) What are your boundaries like? (i.e. rigid, loose or flexible).

9) How does your Secure Self view change and growth?

10) What does your Secure Self value in life? (see core value list)

Practice showing up as this version of you each and everyday. Don't worry about becoming this "perfect self". Instead, be committed to constantly realigning your thoughts, feelings and actions with the secure version of you. This conscious realignment is how we form new patterns!

HELPFUL TIP: In any dilemma, ask yourself, "What would secure me do in this situation?" (and do your best to act from this space)