

## Heart Check: "Exploring Your Attachment Style"

**Title:** *Exploring Your Attachment Style: A Reflective Healing Journal*

Delve into your personal relationship patterns with these journal prompts designed to enhance self-awareness and promote emotional growth.

Let these reflections help you better understand your attachment patterns—and take intentional steps toward healthier, more secure relationships. Come back anytime to keep growing along with me as I explore connection, healing, and emotional wholeness.

1. Reflect on a recent relationship conflict. How did you react, and what does this reveal about your attachment style?
2. Recall your earliest memory of seeking comfort. How was your need met or unmet?
3. Identify situations where you feel most secure or insecure in relationships. What triggers these feelings?

4. How do you typically respond to emotional closeness or distance?

5. What steps can you take to move toward a more secure attachment style?