

Dismissive-Avoidant Attachment Reflection Worksheet

Recognize your patterns, understand their roots, and practice softer connection

Part 1: Pattern Checklist

Check the statements that feel true for you.

- I value independence more than most people I know.
- Deep emotional conversations make me uncomfortable.
- I often say "I am fine" even when I am not.
- I pull away after moments of closeness.
- I need a lot of alone time to feel like myself.
- I dislike it when partners depend on me too much.
- I tend to minimize relationship problems.
- I withdraw during conflict or difficult conversations.
- I find it hard to ask for help or support.
- I feel trapped when someone wants too much closeness.
- I prefer to solve problems alone.
- I have been called cold, distant, or emotionally unavailable.

Total checked: _____ out of 12

Reflection: What do these patterns protect you from?

Part 2: Where It Started

Answer honestly. There are no wrong answers.

Growing up, what happened when I showed sadness, fear, or neediness?

What did I learn about depending on others?

Who was the first person I stopped asking for help from? Why?

Part 3: The Cost of Distance

Independence has protected you. But it may also have cost you. Explore both sides.

What independence has given me:

What distance may have cost me:

Part 4: Communication Scripts

Practice replacing withdrawal or dismissal with clearer, warmer language.

Instead of: "I am fine."

Try: "I am not ready to talk yet, but I will come back to this in an hour."

Instead of: "You are too emotional."

Try: "I want to understand. Can you help me see what this means to you?"

Instead of: "I need space. Leave me alone."

Try: "I am feeling overwhelmed. I need 30 minutes alone, and then I would like to talk."

My own script:

Part 5: Weekly Practice Tracker

Each week, choose one small step toward softer connection.

Week	Small step I will take	What I noticed
1		
2		
3		
4		

Part 6: Commitment to One Change

Write one specific change you are willing to practice this month.

My commitment:

One person I can practice this with:

