

Emotional attachment worksheets



How do you explain emotional attachment?

To whom do you feel you are emotionally attached?

Are you happy with the way your relationship is going?	YES	NO
Does your relationship attachment style help you in your life?	YES,	NO
Do you have much space and closeness that you need?	YES,	NO
Do you want to find love, but you feel suffocated every time someone comes close.	YES	NO
Are you able to let go of people if they are not right for you?	YES	NO,
Do you expect others to take responsibility for your emotions?	YES	NO