



Identifying your important Attachment Needs

Question: what do I need right now in our relationship ?

- To feel safe with you
- To feel accepted for who I am
- To be affirmed by you
- For you to reflect good things about me
- To feel close to you
- To feel valued and important to you
- To feel loved by you
- To feel like I add value to your life
- To feel acknowledged and appreciated for my efforts
- To feel reassured
- To know you are there for me
- To be comforted
- To be hugged and held
- To trust you
- For you to keep to your word.
- To grow with you