

Attachment Patterns in Recovery

How attachment styles shape relationships

Printable worksheet · 5 parts

Name _____ Date _____

Self-reflection questions on attachment and relationships

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PART 1 OF 5

Introduction

Understanding Attachment in Recovery

Attachment patterns—the ways we form and maintain close relationships—profoundly influence both addiction and recovery. These patterns, typically established in early childhood, shape how we connect with others, manage emotions, and respond to stress throughout our lives.

Understanding your attachment style can illuminate why certain relationship dynamics trigger cravings or discomfort, how you engage with recovery supports, and what healing work might be most beneficial for sustained recovery.

This worksheet guides you through 20 reflective questions organized into four areas: understanding your attachment development, integrating attachment awareness into recovery, recognizing relationship patterns, and cultivating attachment healing and growth.

Four Areas of Exploration:

- • Understanding Your Attachment Development - Explore patterns and early influences
- • Attachment and Recovery Integration - Connect attachment to recovery engagement
- • Relationship Pattern Awareness - Identify triggers and responses
- • Attachment Healing and Growth - Develop pathways to secure attachment

Reflection Tips

Take your time with each question. There are no right or wrong answers—these questions are designed to help you explore, understand, and ultimately strengthen your relationship patterns in support of recovery. Be honest and compassionate with yourself as you reflect.

PART 2 OF 5

Understanding Your Attachment Development

What patterns do you notice in your close relationships throughout your life, and how might these relate to your early family experiences?

How did your attachment patterns influence your relationship with substances or addictive behaviors?

What specific attachment wounds or traumas may be affecting your current relationship patterns?

How have your attachment patterns changed since beginning recovery, and what changes do you still want to make?

What attachment strengths do you possess that could support your continued recovery and relationship development?

About This Category

These questions help you understand how your early experiences shaped your attachment patterns and influenced your relationship with substances.

PART 3 OF 5

Attachment and Recovery Integration

How do your attachment patterns affect your engagement with recovery supports and communities?

What attachment needs might you be trying to meet through your recovery relationships, and are these realistic?

How can you work with your attachment style rather than against it in supporting your recovery?

What attachment healing might be necessary for sustained recovery and relationship satisfaction?

How might addressing attachment patterns affect your ability to help others in recovery?

About This Category

These questions explore how attachment patterns affect your engagement with recovery supports and what healing might be necessary.

PART 4 OF 5

Relationship Pattern Awareness

What triggers activate your attachment insecurities most strongly in current relationships?

How do you typically respond when feeling threatened or insecure in relationships?

What would it look like to maintain your attachment style's strengths while addressing its challenges?

How do your attachment patterns affect your ability to set boundaries and maintain autonomy?

What relationship experiences have helped you feel most secure and supported?

About This Category

These questions help you identify relationship triggers, responses, and experiences that contribute to security.

PART 5 OF 5

Attachment Healing and Growth

What therapeutic or healing work might support your attachment security development?

How can you create relationships that provide corrective attachment experiences?

What daily practices might support greater attachment security and emotional regulation?

How can you balance honoring your attachment needs with maintaining realistic relationship expectations?

What would healthy, secure relationships look like given your unique attachment history and recovery needs?

Additional Notes (Optional)

Any additional reflections or insights about your attachment patterns...

About This Category

These questions guide you in developing pathways to greater attachment security and healthier relationships.