LAST YEAR SINGLE

Attachment Styles Activation Worksheet

with Jackie Dorman

This worksheet goes with Jackie's teaching on attachment styles. Take your time with it. Be honest, invite Holy Spirit in, and remember that this is about knowing yourself better so you can love well. It is not a checklist for crossing people off your list.

> "*You can have a healthy relationship while you do not have a secure attachment style. It's about self awareness.*" It is about recognizing the stories you tell yourself, noticing your patterns in relationship, and learning to communicate. Over time, you can grow more and more secure.

1 A Quick Recap

SECURE

- You can give and receive love.
- You feel comfortable with intimacy and vulnerability, for the most part.
- It has nothing to do with being friendly, outgoing, or having lots of friends.
- You see relationships realistically, not through the lens of anxiety or avoidance.

ANXIOUS

- You approach relationship from a fear of rejection from the start.
- You may use games or manipulation to keep interest, often without realizing it.
- You see things that are not there and tell yourself stories that hurt your own feelings.
- You are preoccupied with relationship because you are not yet anchored in your worth in Christ.

AVOIDANT

- You approach relationship from a fear of being controlled or boxed in.
- You like to keep your options open and avoid plans and commitment.
- You link relationship with losing your independence.
- You tell yourself "disconnection stories" about why someone is not right for you.

DISORGANIZED (FEARFUL AVOIDANT)

- You show signs of both anxious and avoidant attachment. As Jackie put it, "you can be avoidant and anxious."
- You long for closeness, and closeness also feels risky, so you may draw someone in and then push them away.
- You can swing between fear of rejection and fear of being controlled, sometimes in the same week.
- Your heart is learning that love can be safe, and God is a steady place to land.

It is a spectrum, and it looks a little different on everyone. Most of us see a bit of ourselves in more than one box.

2 Self Reflection

If someone asked you "Why are you single?" what would you honestly say? What does your answer reveal?

Jackie's insight: anxious people tend to say "something is wrong with me." Secure people give a realistic, practical answer. Avoidant people point to outside circumstances, like "I haven't met the one yet." Someone who leans disorganized may give both answers, like "I want love, but every time it gets close, something goes wrong."

Which patterns show up in you? Check any that feel familiar, in any box.

ANXIOUS

- ☐ I play games to keep someone's attention.
- ☐ I expect them to already know what is bothering me.
- ☐ I fear small things will ruin the relationship.
- ☐ I feel I must work hard to keep their interest.
- ☐ I worry they will find someone better.

AVOIDANT

- ☐ I send mixed signals.
- ☐ I pull back after a close, great date.
- ☐ Little flaws start to bother me (the ick).
- ☐ I keep my options open.
- ☐ I find it hard to share what is in my heart.

DISORGANIZED (FEARFUL AVOIDANT)

- ☐ I want to be close, and then closeness scares me.
- ☐ I chase someone, and once they lean in, I want to run.
- ☐ I worry about being left and about being smothered.
- ☐ My feelings about the same person change quickly.
- ☐ I find it hard to trust that love will stay safe.

SECURE

- ☐ I communicate well and own my side of the street.
- ☐ I let closeness lead to more closeness.
- ☐ I express my feelings naturally.
- ☐ I am reliable, consistent, and flexible.
- ☐ I do not play games.

Where do these patterns come from? Sit with Holy Spirit and ask. Think about your childhood, past relationships, and what you were taught about God.

If you checked boxes in both the anxious and avoidant columns, when do you tend to move toward someone, and when do you pull away?

3 House Cleaning

Jackie talked about cleaning house: getting rid of all the stuff that is keeping you single. That can include voices that say things that sound good to a wounded ego but are not true, wrong ideas about who God is and what He thinks of your love life, and old patterns from your past. Remember to chew up the meat and spit out the bones.

Area	What I am letting go of	What I am replacing it with
Voices I follow (preachers, influencers, social media)		
Beliefs about God and my love life		
Family and childhood patterns		
My "never will I ever" list		

4 Scenario Prompts

Rare and Fragile

Beth has been out with Trevor twice and already feels herself falling in love. She believes the odds are against her and that one wrong move could ruin everything, so she starts strategizing every text. Jackie reminds us there are many, many people who could be a great match for you, and if you feel like you are strategizing, you are probably leaning anxious.

Where have I treated a connection as rare and fragile? What would it look like to just be myself?

The Grass Is Greener

Kaylee has been with her boyfriend for nine months but keeps reminiscing about her freedom when she was single. She forgets she was lonely then. She is always wondering what she might be missing. Jackie's tip: after a date, make a list of what you did like about the person.

Where do I romanticize what I do not have? What did I like about the last person I spent time with?

Come Close, Go Away

Nora meets Daniel at church and can hardly wait for his texts. She worries he will lose interest, so she replies right away. Then, after a sweet evening where he tells her he really likes her, she panics, picks apart his flaws, and goes quiet for days. A week later she misses him and reaches out again. Nora is not broken. She is showing both anxious and avoidant patterns, and she can grow more secure by naming what she feels and staying in the conversation.

Where have I moved toward someone and then pushed them away? What would it look like to pause, pray, and tell the truth about how I feel?

Infatuation

Every attachment style can feel super excited about someone new and think about them a lot. Jackie says infatuation is not unhealthy. What you do with it can become unhealthy, like plotting and scheming to get someone to fall for you.

When I am excited about someone new, what do I tend to do with that feeling? What would a healthy response look like?

5 Prayer and Reflection with Holy Spirit

Holy Spirit, show me where my patterns in relationship are coming from. Bring to mind any place I have misjudged someone based on what I know instead of what they know. Where I want closeness but fear it, help me feel safe in Your love. Help me let go of what is keeping me single and believe the truth about who You are. I want to be myself and let it be a yes until it is a no. Amen.

What is Holy Spirit showing me?

6 Breakout Discussion Questions

1. Which story (Annabelle, Beth, Steven, Matthew, Carrie, Kaylee, or Nora) did you see yourself in most, and why?
2. What is one story you tell yourself that hurts your own feelings?
3. Have you ever misjudged someone based on what you know instead of what they know? What happened?
4. What would "a yes until it's a no" look like in your dating life right now?
5. Have you ever felt both "come close" and "go away" with the same person? What helped you stay steady?
6. What is one thing you are ready to clean out of your house this season?

My One Next Step

This week, the one thing I will do to grow more secure in relationship is: