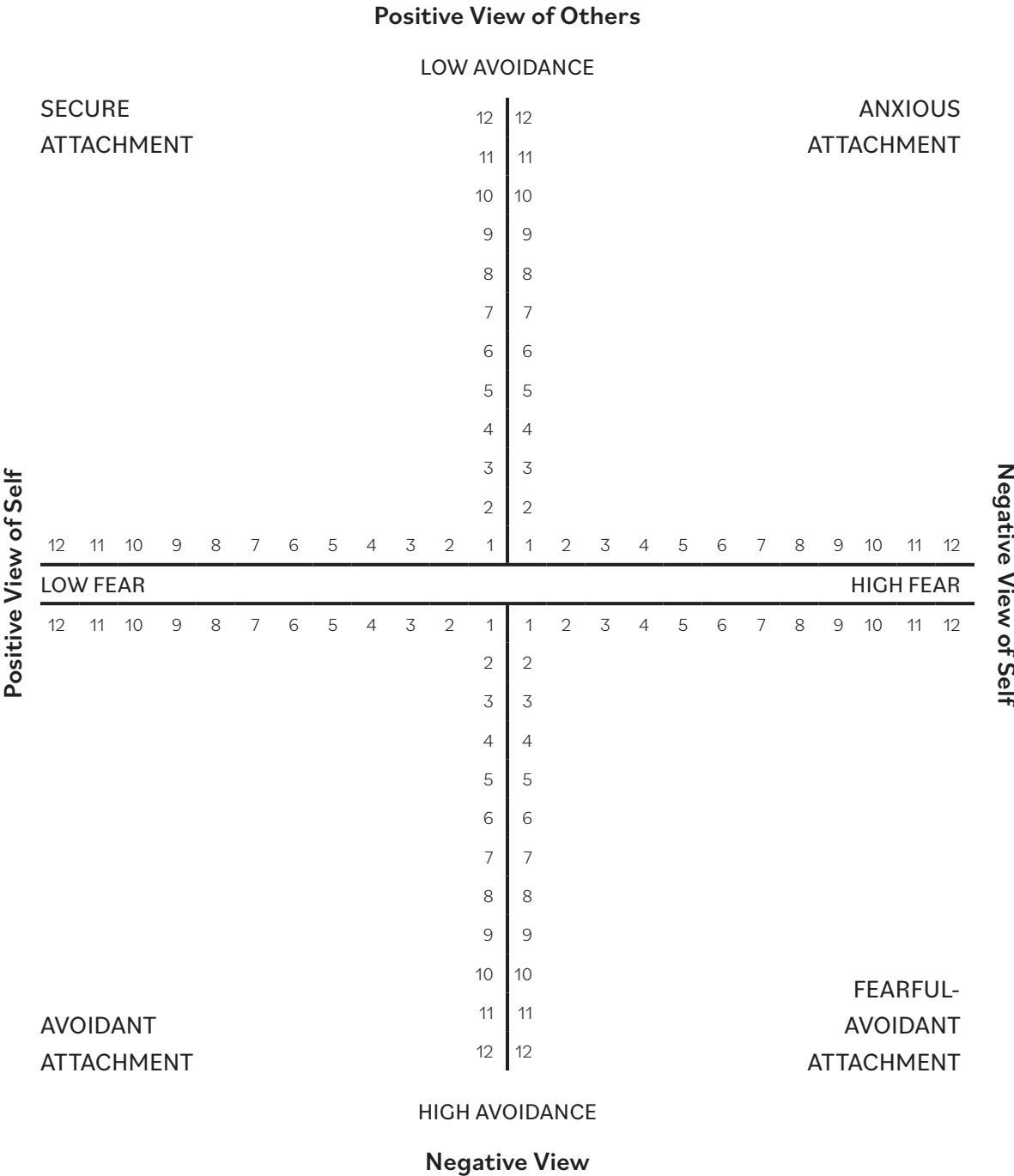


Plotting Your Attachment Strategy



- 1. Identify the strategy that has the greatest number of descriptions that you circled.
- 2. Combining the phrases that you circled with the information above on fear and avoidance, plot where you land on the graph. Do this by first locating the quadrant for your attachment strategy. Then count the number that you circled and plot it evenly along the numbers for both the X and Y axes on that quadrant.
- 3. Notice that the graph highlights not only fear and avoidance, but also how fear and avoidance combine to influence whether or not we have a positive view of ourself and others, especially significant others.
- 4. As you examine where you plot your point on the graph, note how that quadrant pertains to how you most likely view yourself and others. Write down how the formation of your strategy was influenced by your early caregiving environment relative to these beliefs.

- 5. Pause to reflect. Plotting your attachment strategy can be illuminating in challenging ways. Remember that there are no good or bad attachment strategies. There are only effective or ineffective ones. We are all doing the best we can with what we have.

6. Take a few minutes to write about how learning about your attachment strategy is sitting with you. What holes has addiction filled that were left by your childhood experiences? How did addiction serve your needs in the past and how is it failing you now? Which core needs aren't being met now? Which of them need to be met by loved ones today to make a meaningful change in your addictive behaviors?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Cues That Set Off My Addictive Process

Date:	
Cue	
What happened?	
Where did this take place?	
Were other people involved?	
What thoughts (inner narrative) surfaced?	
What feelings surfaced?	
What category(s) do your answers fall into?	

After charting your cues for one week, review your data. Write down your observations and any new awareness that have resulted from this exploration.

What is it like for you to see this mapped out?

How can you use these discoveries of cues to use to increase your awareness of what’s been going on inside of you when you feel triggered?

Tough and Challenging Emotional Feelings

Cue: _____

When this cue triggers me, this is what I say to myself about...

...my self-esteem and how I see and feel about myself: _____

...how I feel seen and perceived by others: _____

...my ability to attain my personal accomplishments, goals, and aspirations: _____

...showing up in a meaningful way in my relationships: _____

...staying true to my core values: _____

...my ability to cope with life’s challenges: _____

Cue: _____

When this cue triggers me, this is what I say to myself about...

...my self-esteem and how I see and feel about myself: _____

...how I feel seen and perceived by others: _____

...my ability to attain my personal accomplishments, goals, and aspirations: _____

...showing up in a meaningful way in my relationships: _____

...staying true to my core values: _____

...my ability to cope with life’s challenges: _____

Cue: _____

When this cue triggers me, this is what I say to myself about...

...my self-esteem and how I see and feel about myself: _____

...how I feel seen and perceived by others: _____

...my ability to attain my personal accomplishments, goals, and aspirations: _____

...showing up in a meaningful way in my relationships: _____

...staying true to my core values: _____

...my ability to cope with life’s challenges: _____

Read this over carefully. Allow your words touch you. Notice what comes alive inside of you. These difficult inner narratives are profoundly emotional. We tend to numb these feelings and keep them hidden from ourselves. You have probably noticed that they manage to come out sideways later and sabotage your life.

How Does My Addictive Process Negatively Affect Me?

	NO	YES	IF YES, HOW?
My physical health?			
My mental or emotional health?			
My friendships or family relationships?			
My marriage or partnership?			
My legal status?			
My vocational status or performance?			
Can I maintain the limits I set to contain my using?			