The Anxious Attachment Journal

Reader sample / revised edition

Try the first seven daily pages, with the starting-point questions and Week 1 reflection.

The following pages reproduce pages 1 to 15 of the reviewed second edition, including its introduction and guidance about choices and support. Original page numbers are preserved.

These pages are for personal reflection. Write only what you choose, adapt a prompt or leave it blank. No particular result is promised.

Pages are 6 x 9 inches. Print at Actual Size to preserve the original text size. For double-sided printing, flip on the long edge; blank pages preserve the page order.

This revised edition by Hazel Maple is being prepared for publication. This sample represents the second edition, not the earlier version.

The Anxious Attachment Journal

90 Days of Guided Prompts to Calm Your Fears, Trust Yourself and Feel Secure in Love

REVISED EDITION

Hazel Maple

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Second edition, 2026. Revised guidance and cover.

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For adults seeking personal reflection. This journal does not diagnose an attachment style, provide treatment or replace professional care. It has not been clinically validated. Its prompts are optional, and no outcome is promised.

A note before you begin

You may recognise the worry that follows an unanswered message, a changed plan or a difficult conversation. Or your experience may look quite different. These pages offer room to describe it in your own words.

Anxious attachment is a term used for patterns of concern about closeness, rejection and reassurance. A journal cannot establish whether that label fits you. Early care can be one influence; later experiences can matter too. You do not need to find a single cause or supply memories you do not have.

The ninety daily topics move through Noticing, Understanding, Soothing, Communicating, Trusting and Growing. Each offers a short reading, a writing prompt and an optional small step. Use them to explore a particular situation, rather than as rules for how you or another person should behave.

Your notes may reveal a familiar habit, a practical need, an unresolved question or a concern about how you are being treated. Write about warmth and reliability when they are present, and give discomfort and warning signs room too. A page of positive moments should never be used to cancel a serious concern.

The aim is a useful record of your experience. There is no required improvement, no score to pass and no obligation to finish in ninety consecutive days.

Your choices and support

Choose what feels appropriate to write about. You can use an ordinary, manageable example instead of a painful memory. You can adapt a question, skip a page or stop. If writing leaves you more distressed, pause and consider support from someone trustworthy or a qualified professional.

If a relationship includes threats, coercion, intimidation or violence, the priority is your safety and access to help. The communication and trust exercises do not require you to confront someone, forgive harm, stay in contact or remain in a relationship. A specialist support service can help you think through options suited to your circumstances.

Consider where you keep this journal. Do not write identifying details or leave pages accessible if doing so could put you at risk. If you are in immediate danger or might act on thoughts of harming yourself, contact your local emergency service or seek urgent help now.

Further information

Cleveland Clinic: What Is Anxious Attachment Style - and Do You Have It? (27 December 2024). health.clevelandclinic.org/anxious-attachment-style

NHS: Getting help for domestic violence and abuse. www.nhs.uk/live-well/getting-help-for-domestic-violence/

These sources provide general information and have not reviewed or endorsed this journal. Accessed 7 September 2026.

How to use this journal

One page at your pace. Each day has a short reading, one writing prompt, an optional step and two check-ins. Write a few words or use the whole page. Continue after a missed day without catching up.

Six phases. The topics run from Noticing and Understanding through Soothing and Communicating to Trusting and Growing. Read them in order, or skip a prompt that does not fit.

Reflection pages. There are 12 weekly reflections after each group of seven days, plus one final reflection for days 85 to 90. Look back, name what stands out and consider what you want next.

The anxiety check-in. If useful, circle 1 for calm through 5 for very anxious, based on how the day felt to you. This is a personal note, not a validated assessment or diagnostic score. You can leave it blank.

One secure moment. Record a moment when you felt steady or cared for, if there was one. You can instead write a need for support or leave the line blank. A moment of comfort does not establish that a relationship is safe.

Small steps are invitations. Consider your circumstances, health, privacy and safety before trying one. You can draft a message without sending it, choose a different activity or do nothing today.

Keep an honest record. You may notice change, no change or mixed results. Use the final review to decide what fits, what does not and where more help might be useful.

Your starting point

Use as much or as little space as you like. You can return to these questions at the end.

Right now, an important relationship feels…

When I feel uncertain about someone, I tend to…

A belief or question I would like to explore is…

I would like more room or support for…

Optional check-in (1 calm to 5 very anxious): 1 2 3 4 5

PHASE 1 OF 6

Noticing

Make room to observe before drawing a conclusion.

The next fifteen topics invite you to notice situations, interpretations and responses. Write what happened, what you felt and what you did. You do not have to label every concern an old alarm, or decide that every reaction needs fixing. Use real examples and leave room for uncertainty.

In this phase you can

- Notice feelings, thoughts and physical sensations
- Separate observations from possible explanations
- Consider indirect bids for connection and their effects
- Record care, concerns and needs in context

Where it starts

Worry can show up in thoughts, feelings or physical sensations. You might notice a tense jaw, a restless urge to move, or the same question returning. There is no correct order. Today's page asks you to describe your own experience, without deciding what it means yet.

TODAY'S PROMPT

Think of the last time you felt anxious about someone you care about. Where did you feel it first, and what was the very first thing you did?

OPTIONAL STEP If comfortable, pause once today and name one feeling or sensation.

Optional anxiety check-in: 1 2 3 4 5

A secure moment or a need for support:

The trigger list

A delayed reply, a changed plan or a different tone may bring up worry. Sometimes a familiar pattern appears; sometimes the circumstances are new. Making a list gives you examples to examine without assuming that every concern has the same cause.

TODAY'S PROMPT

List situations from the past month that brought up relationship worry. Which occurred more than once, and which were unusual?

OPTIONAL STEP Keep the list somewhere you can add to it this week.

Optional anxiety check-in: 1 2 3 4 5

A secure moment or a need for support:

Event versus story

An unanswered message is an event. 'They are losing interest' is one possible explanation. It might fit the wider evidence, or it might not. Separate what you observed from what you inferred, leaving room for both uncertainty and concerns that deserve attention.

TODAY'S PROMPT

Take one recent trigger. Write the bare event in one plain sentence, then write the story you told about it. How much of the story was information you actually had?

OPTIONAL STEP Label one note 'observed', 'inferred' or 'still unknown'.

Optional anxiety check-in: 1 2 3 4 5

A secure moment or a need for support:

The urge to check

Checking a phone, read receipt or profile can offer reassurance, but the urge to check may return. Notice what the habit does for you and what it costs. Necessary communication and safety arrangements are different from repeatedly checking for a sign of affection.

TODAY'S PROMPT

How many times a day do you check on someone's attention or availability? What are you hoping to find, and what do you usually find instead?

OPTIONAL STEP If practical and safe, try a short break from nonessential checking.

Optional anxiety check-in: 1 2 3 4 5

A secure moment or a need for support:

Protest behaviours

Repeated messages, pointed comments or withdrawing to see whether someone follows can be indirect requests for connection. You may recognise some of these behaviours, or none. Notice what happened, what you wanted and how your actions affected the other person.

TODAY'S PROMPT

Which indirect bids for connection, if any, do you recognise in yourself? Describe one occasion and what you wanted in that moment.

OPTIONAL STEP Before a nonurgent message, pause and name the request you want to make.

Optional anxiety check-in: 1 2 3 4 5

A secure moment or a need for support:

The relief that wears off

Reassurance can matter, even when it does not resolve every worry. If relief fades, that does not mean you are defective. Consider both your response and the situation: a comforting sentence may not settle a concern that needs clearer information or changed behaviour.

TODAY'S PROMPT

Recall a reassuring moment. What helped, what remained unresolved, and what happened next?

OPTIONAL STEP Note whether you need comfort, information, practical help or a boundary.

Optional anxiety check-in: 1 2 3 4 5

A secure moment or a need for support:

What safety feels like

A moment of feeling steady or cared for can be worth recording. It does not prove that an entire relationship is safe, and you do not have to find one every day. Leave room in your notes for warmth, discomfort and mixed feelings.

TODAY'S PROMPT

Describe up to three moments when you felt steady or cared for. If none come to mind, write what support you would have liked.

OPTIONAL STEP Record one welcome moment, or one kind thing you would like to offer yourself.

Optional anxiety check-in: 1 2 3 4 5

A secure moment or a need for support:

Week 1 reflection

Days 1 to 7. Look back at any entries you chose to write.

What stood out? Which feeling, event or conversation stays with you?

What repeated, changed or remained uncertain?

What helped, did not help or needs more support?

What would you like to keep, change or make room for next?

Optional overall check-in: 1 calm 2 3 4 5 very anxious