



Building Attachment

Best Practice Resources – Mentor Training

Attachment –an emotional bond that is natural, positive and appropriate for the context– is a cornerstone of supportive relationships. This worksheet can help you identify the level of attachment you maintain in relationships. Try to answer as honestly as possible, reflecting on how you really interact with this person not how you hope to.

Ways you are responsive and build attachment in your relationship:	Never	Seldom	Some what	Usually	Often
	1	2	3	4	5
Availability <i>I make myself physically available to this person, and focus my energy on them when we are together</i>					
Knowledge <i>I continue to develop my understanding of this person and his or her evolving needs and strengths</i>					
Attunement <i>I am aware of this person’s signs of both positive emotions (joy) and negative emotions (distress); I understand what they mean, and how to respond in a way that is comforting, helping them amplify positive feelings and lessening the impact of negative ones</i>					
Consistency <i>I respond quickly and consistently to the cues, needs, and expectations presented by this person</i>					
Warmth <i>I communicate with and respond to this person in a kind, positive, person-centered way that promotes their competencies and does not undermine them.</i>					
Sensitivity <i>I pay attention to the meaning behind both verbal and physical cues presented by this person and respond in meaningful, helpful ways.</i>					
Cooperation (Balance of Power) <i>I follow this person’s interests and cooperate with them in identifying and engaging in activities and do not force my own preferences for interactions and activities.</i>					

If you answered never or seldom to any of these important elements of building secure attachment, consider what strategies work for you in other relationships perhaps with a spouse, best-friend, or family-member. How can you use these strategies to build or strengthen other relationships?