THE ANXIOUS ATTACHMENT WORKBOOK

Calm & Secure in 30 Days

A 30-day guided workbook

Overthink less, soothe the spiral and feel safer in love
— 15 minutes a day



STILL & SURE @stillandsure

WELCOME

You are not “too much”

If you are holding this workbook, you probably know the feeling well. A message goes unanswered, their tone sounds a little flat, plans change at the last minute — and suddenly your chest is tight, your mind is racing, and you are checking your phone every few minutes.

You are not “too much.” You are not broken. What you are experiencing has a name: **anxious attachment**. It is a pattern your nervous system learned a long time ago to protect your closest bonds. It made sense once. Today it often costs you sleep, peace and the very closeness you want.

The good news: attachment patterns can change. Long-term research finds attachment anxiety tends to ease across adulthood — mostly from midlife on — and a two-year study of new parents linked feeling more capable in that role to lower attachment anxiety later on. Neither study tested this workbook; it is built for that kind of practice, in small daily steps.

How to use this workbook

15 minutes a day

Each day has a short read, one practice and a few journal prompts. Do one day at a time. If a day feels heavy, it is fine to take two days for it.

Write by hand if you can

Print the pages or fill them in on a tablet. Writing slows the mind down — studies of expressive writing show it helps people process emotion.

Body first, then thoughts

When you are triggered, the thinking brain is much harder to reach. That is why almost every practice starts with the body.

Keep your Spiral Stopper card close

You will build it in Part 2. Save it as your phone wallpaper or keep the printed card in your wallet.

Progress, not perfection

You will still feel anxious sometimes. The goal is to recover faster and act from calm more often — not to never feel fear again.

Your phone kit: Spiral SOS

When the alarm goes off, open it before you open your chat. The link and QR code are on your Start Here page.

Free sample · Calm & Secure in 30 Days · The full 50-page workbook: stillandsure.com

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This free sample includes your Day 1 check-in, Day 1 and Day 6. Tap any other part to see the full workbook.

Before you begin

This workbook is an educational self-help resource. It is not therapy, diagnosis or medical advice, and it does not replace support from a licensed mental-health professional. If your anxiety is severe, if you feel unsafe in your relationship, or if you have thoughts of harming yourself, please reach out for help now: in the US call or text **988**, in the UK call Samaritans on **116 123**, in Canada call or text **9-8-8**, in Australia call Lifeline on **13 11 14**. If your partner is controlling, threatening or violent, this is not an attachment problem to fix — contact the US National Domestic Violence Hotline (1-800-799-7233), the National Domestic Abuse Helpline in England (0808 2000 247), 1800RESPECT in Australia (1800 737 732) or find a shelter in Canada at sheltersafe.ca. In an emergency call 911 (US/Canada), 999 (UK), 112 (EU) or 000 (Australia). Anywhere else, find a local helpline at findahelpline.com.

When to talk to a therapist

This workbook works best alongside real-life support. Please reach out to a licensed therapist if you have panic attacks, if anxiety is affecting your sleep, work or eating, if past trauma keeps coming up, or if you ever think about hurting yourself. Wanting help is a sign of strength, not failure.

START HERE

Your Day 1 Check-In

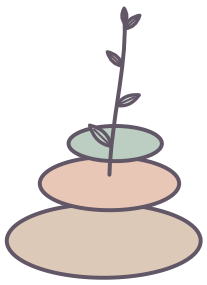
Rate each statement from 1 (not like me) to 5 (very much like me). Fill in the first column today. On Day 30 you'll fill in the second — so you can *see* what changed, not just hope it did.

STATEMENT	DAY 1	DAY 30
I worry that the people I love will lose interest in me.		
When someone doesn't reply for a while, I imagine the worst.		
I need to hear that "we're okay" more often than my partner seems to.		
When someone pulls back a little, I try harder to get close.		
I replay conversations, looking for signs that something is wrong.		
I send messages in the heat of the moment that I regret later.		
My mood for the day depends on how my partner is acting.		
After reassurance I feel calm, but only for a short while.		
Total (8–40)		

This check-in is for self-reflection only. It is not a validated psychological test or a diagnosis. Any drop in your total is progress — there is no score you "should" reach.

What do I most want to be different in 30 days?

How will I know it's working? (one small, visible sign)



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PART 1 · UNDERSTAND YOUR PATTERN

01 What Anxious Attachment Is (and Isn't)

Maybe you know this: a two-hour silence, and your whole body reacts as if something is wrong. That isn't you being dramatic. It's your attachment system working a little too hard — and it has a history.

Attachment theory began with psychiatrist John Bowlby, who noticed that children are wired to stay close to the people who care for them. In 1987 researchers Cindy Hazan and Phillip Shaver proposed — and found early evidence — that adults bring the same system into romantic love.

One common explanation: when care in early life felt loving but *unpredictable* — warm one day, distracted or upset the next — a child may learn to stay on high alert: *watch closely, protest loudly, never relax*. That strategy can follow us into adult relationships. Temperament and later relationships matter too — nobody is "to blame."

Anxious attachment is **not** a diagnosis, a character flaw or proof that you are needy. It is a strategy. And strategies can be updated.

Today's practice: Notice your signs

Read the list below and check everything that sounds like you.

- ☐ I check my phone often when I'm waiting for a reply.
- ☐ I replay conversations, looking for signs something is wrong.
- ☐ I need to hear "we're okay" more than once.
- ☐ When someone pulls back, I pull harder — or go cold to protect myself.
- ☐ I lose touch with my own plans when I'm in a relationship.
- ☐ I feel calm for a moment after reassurance, then the worry comes back.

Which signs did you check? Which one costs you the most right now?

Where do you think you learned that closeness has to be watched and protected? (If this brings up painful memories, go gently — this is a good question to explore with a therapist.)

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PART 2 · THE SPIRAL STOPPER

06 Meet the Spiral Stopper

Here is the 10-minute plan you will use every time the alarm goes off. It has four steps — **C.A.L.M.**

C — Calm the body (2 minutes). Long exhales or the physiological sigh (Day 7). Feet on the floor.
A — Acknowledge the feeling. Name it: "I'm feeling scared of being left." Brain-imaging research suggests that putting feelings into words can reduce activity in the brain's alarm center.
L — Look at the facts. What do I actually know? What else could explain this?
M — Make one kind move. Choose one action that your calm self would choose: wait, write a draft, call a friend, go for a walk — or send one clear, kind message.

That's it. You don't have to feel perfect after ten minutes. You only have to not act from panic.

Today's practice: First run-through

1. Read the four steps out loud once.
2. Remember a mild trigger from this week and walk through C.A.L.M. on paper.
3. Write your own words for each step below — you will use them on your card.

On your phone: Spiral SOS → "I can't calm down" walks you through C.A.L.M., one step per screen.

C — how I'll calm my body:

A — the words I'll use to name it:

L — my best fact-check question:

M — my go-to kind move:

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YOUR FREE SAMPLE ENDS HERE

Liked Day 6?

The full Calm & Secure Kit has 30 days like this — one short page a day, about 15 minutes — plus the tools for the moment he goes quiet.

- **The 30-day workbook** — all 50 pages, to print or type right in
- **Spiral SOS on your phone** — breathe, check the facts, and wait 20 minutes before you hit send. Works offline.
- **50 calm texts and 20 rewrites** — what to send instead of the panic text
- **The 2 a.m. Plan** and the dating & situationships pages
- **A Note for the Person I Love** — to share with your partner when you both feel calm

One payment. Instant download. No subscription.

See the Kit →

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