



A FREE SELF-WORK BOOKLET FROM THE SECURE BOND

What Is Your Attachment Style?

The way you learned to love, long before you chose anyone. A gentle CBT booklet for discovering your pattern, and growing toward secure.



Esti Kedem · CBT-certified relationship & life coach · thesecurebond.com

BEFORE YOU BEGIN

You learned how to love before you could talk

Long before your first relationship, your nervous system was already taking notes. How reliably were you comforted? Did love feel steady, or did it come and go? Did big feelings get held, or did they get you in trouble?

From those thousands of tiny moments, you built a strategy for closeness.

Psychologists call it your attachment style. It is not a flaw and it is not a diagnosis. It is a brilliant adaptation to the love you grew up inside, and it quietly runs your relationships to this day: who you choose, what scares you, how you fight, how you leave.

Here is the most hopeful sentence in this booklet: **attachment styles can change.**

Security is not something you either got or did not get as a child. It is something you can build, thought by thought, choice by choice. That is exactly what CBT is for.

The discovery quiz

Check every sentence that feels true for you, quickly and honestly, the first answer is usually the real one. Notice the small letter after each line, you will count them at the end.

- | | |
|---|---|
| ☐ I need frequent reassurance that we are okay. | A |
| ☐ When someone gets very close, part of me wants space. | V |
| ☐ I can ask for what I need without panic or shame. | S |
| ☐ I deeply want closeness and deeply fear it, at the same time. | F |
| ☐ I pride myself on not needing anyone. | V |
| ☐ A late reply can spiral my thoughts: they are pulling away, I did something wrong. | A |
| ☐ I pull people in, then push them away when it gets real. | F |
| ☐ Conflict is uncomfortable, but it does not feel like the end. | S |
| ☐ I sometimes lose myself in relationships, their mood becomes my mood. | A |
| ☐ Trust feels dangerous even with people who have earned it. | F |
| ☐ In conflict, I shut down or leave rather than fight. | V |
| ☐ I can be deeply close and still fully myself. | S |
| ☐ My relationships tend to be intense and stormy. | F |
| ☐ When my partner needs space, I do not read it as rejection. | S |
| ☐ Being alone feels less like peace and more like danger. | A |
| ☐ Depending on someone feels like a trap I might not get out of. | V |

Your score

Count how many of each letter you checked and write the numbers below. Your highest count is your leaning. Two high counts means a blend, which is very common. And under stress, we all slide toward our oldest pattern.

A ____
ANXIOUS

V ____
AVOIDANT

F ____
FEARFUL

S ____
SECURE

Read your result

Mostly A · Anxious: "Please do not leave."

Love once felt unpredictable, so your system learned to hold on tight and watch for signs of leaving. Your gift is deep devotion. Your work is learning that you can soothe yourself, and that steady love does not need to be chased.

Mostly V · Avoidant: "I am safer on my own."

Needing someone once led to disappointment, so your system learned self-reliance as armor. Your gift is strength and calm. Your work is discovering that letting someone in is not losing yourself, it is finally being met.

Mostly F · Fearful: "Come here. Go away."

Closeness and hurt arrived from the same hands, so your system wants love and braces against it at once. Your gift is depth and sensitivity. Your work is building trust in grams, with people who prove steady over time.

Mostly S · Secure: "I am safe with you, and safe without you."

Love felt steady enough, or you have done the beautiful work of making it so. Your gift is being a calm harbor. Your work is protecting that security, and choosing people who can meet it.

My result, and where it shows up strongest in my life:

The CBT bridge: from your pattern to secure

Your attachment style lives in your automatic thoughts. That is why CBT works so beautifully here: catch the old sentence, question it, and practice the secure one, until your nervous system starts to believe it.

Anxious thought: "They have not answered. They are leaving me."

Secure practice: "No reply is just no reply. I have been safe all day, and I can soothe myself while I wait."

Avoidant thought: "If I let them in, I will lose myself."

Secure practice: "Closeness is not captivity. I can be fully close and fully me, and I can say when I need space."

Fearful thought: "Trust is how you get hurt."

Secure practice: "Trust was dangerous once. This person is not my past. I can offer trust in grams and watch what they do with it."

Your practice page

The old attachment sentence I hear most in my head:

Where did I learn it? Whose voice is it really?

My secure sentence, in my own words, to practice this week:

One small secure act a day

Security is built in behavior, not just insight. Pick one: ask plainly for what you need. Sit with an unanswered message without checking. Stay two more minutes in a hard conversation. Tell someone the truth about how you feel. Small deposits. The bond with yourself grows first, and every other bond follows.



Ready to become secure, with a guide?

Rewiring an attachment pattern is deep, beautiful work, and it goes faster with someone beside you. This is the heart of what I do.

Book your free 15-minute call at thesecurebond.com

Or go deeper: book your Introduction Session

calendly.com/estiluv2coach-7nim/30min · 75 minutes · on Zoom

WhatsApp: wa.me/17285006027 · Instagram: [@the_secure_bond_](https://www.instagram.com/the_secure_bond_)