

Attached

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01 Identify your attachment style with evidence, not hope

Take the attachment quiz (attached.com) or use the interactive detector above - then test it against your last three relationships. Where did you feel most anxious? Most distant? Most at ease? The pattern across multiple relationships is more revealing than any single one.

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02 Map your relationship history for the same pattern

List your last three significant relationships. For each: were you more anxious, avoidant, or secure? Who activated your attachment system most intensely, and what did you do with that activation? The pattern across all three reveals your default - and your work.

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03 Practice naming your attachment activation in real time

The next time you feel the urge to text three times, check their social media compulsively, or pull completely away, stop and say out loud: My attachment system is activated. You are not acting out love - you are acting out biology. Naming it creates a 10-second window to choose differently.

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04 Choose your next partner by their behavior over time, not by chemistry

Intense chemistry is often an activated attachment alarm, not a compatibility signal. The single most important question: does this person make you feel safe and settled, or do they keep you guessing? Secure attachment feels steady - and sometimes boring at first. It is not.

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05 Write a secure base script and give it to your partner

Write down exactly what you need when you are upset - specifically and behaviorally. Not "I need them to care" but "I need them to ask what I need before offering solutions and I need them to stay in the room." Giving a partner this script is one of the most concrete acts of secure-functioning available.

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06 Audit your own deactivating strategies honestly

Avoidants use deactivating strategies: focusing on a partner's small flaws, fantasizing about someone else, mentally checking out, needing sudden space. List the ones you recognize in yourself. You cannot stop what you cannot see. Recognition is not enough - but it is the only possible first step.