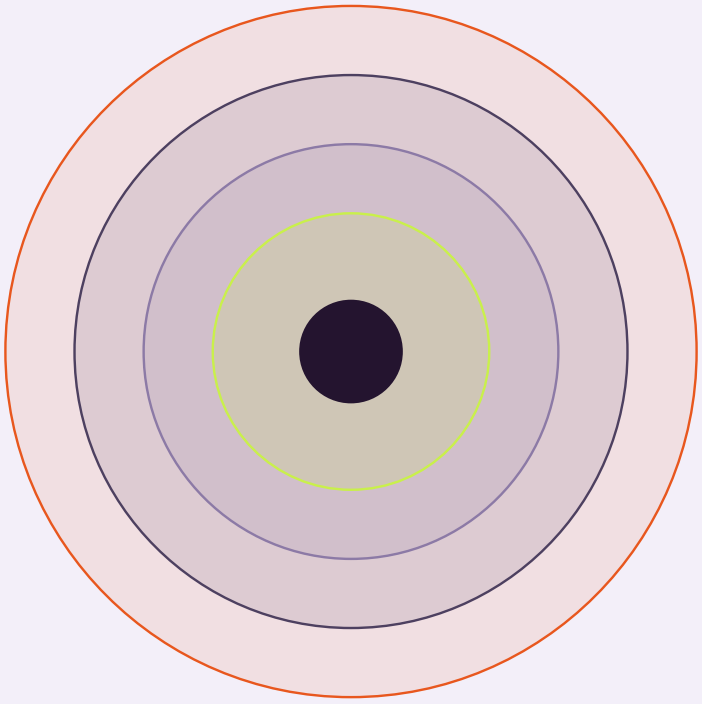


How To Heal An Anxious Attachment Style

A reading of the book by Eye Mind Spirit (2023)

1. ACTION BOOK

CONTENTS

Inside this edition

The book in a minute 3

The takeaways 4

Your action book 6

Before you go 7

PART TWO · THE ACTION BOOK

The setup checklist 9

Put a gap between the feeling and the message 10

Ask for evidence before asking for reassurance 11

Run one shadow prompt a day 12

ABOUT THIS EDITION

This is HourLife's reading of How To Heal An Anxious Attachment Style, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

A self-therapy journal rather than a book to read: 150+ prompts and exercises across five parts — where the anxious pattern came from, the subconscious beliefs holding it, techniques to rewire them, the law of detachment, and a Jungian shadow work journal.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1

HOURLIFE TAKEAWAY

This is a journal, not a book. Nothing happens on the pages you only read.

The format is the method: 150+ prompts across five parts, and the work is entirely yours to write.

2

HOURLIFE TAKEAWAY

Anxious attachment is not too much love. It is a nervous system that learned closeness was unreliable.

Part one traces the origin — the causes, the signs, the triggers — before asking anything to change.

3

HOURLIFE TAKEAWAY

The spiral runs on a belief you have never said out loud. Find the sentence and the behaviour makes sense.

The subconscious section's whole argument: patterns are downstream of a self-concept nobody has audited.

4

HOURLIFE TAKEAWAY

Reassurance ends the panic and feeds the pattern. That is why it has to be asked for less, not better.

The uncomfortable middle of any attachment work — the relief is real and it is also the maintenance.

5

HOURLIFE TAKEAWAY

Detachment is not indifference. It is releasing the outcome while staying entirely in the relationship.

The law of detachment section, which is the part most often misread as being told to care less.

6

HOURLIFE TAKEAWAY

Shadow work means meeting the part of you that protests, tests, and withdraws — and asking what it was protecting.

The Jungian core of the journal: the shadow holds an unmet need, not a defect to be deleted.

7 HOURLIFE TAKEAWAY

Visualisation and affirmation are rehearsal, not magic. What they change is what feels familiar.

How to read the rewiring chapter honestly — repetition shifts the default, and the claims stop there.

8 HOURLIFE TAKEAWAY

A journal is a good companion to therapy and a poor substitute for it, and knowing the difference is part of the healing.

Where a self-therapy workbook ends, especially where trauma is involved.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write your trigger list before you need it
- [ ] Name the sentence underneath
- [ ] Trace one pattern back to where it was useful
- [ ] Pick your fixed journalling slot
- [ ] Write what a secure version of you would do

KEEP UP DAILY

- ◯ Put a gap between the feeling and the message
- ◯ Ask for evidence before asking for reassurance
- ◯ Run one shadow prompt a day

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write your trigger list before you need it

The unanswered message, the changed tone, the plans that shift.

Eight lines, specific. You cannot spot a spiral from inside one — you spot it because you already wrote down what starts it.

MY VERSION

DONE ON

- [ ] SETUP 2

Name the sentence underneath

For each trigger, finish: 'this means…'.

'They are pulling away.' 'I am too much.' The subconscious section works on these sentences, so they have to be on paper first.

MY VERSION

DONE ON

- [ ] SETUP 3

Trace one pattern back to where it was useful

Not to assign blame — to date it.

A strategy that made sense at seven and runs at thirty-seven is old software, not a personality.

MY VERSION

DONE ON

- [ ] SETUP 4

Pick your fixed journalling slot

150+ prompts do not survive being done 'when you feel like it', and the feeling that drives you to the journal is the anxious one.

Same time, whether or not the week was calm.

MY VERSION

DONE ON

- [ ] SETUP 5

Write what a secure version of you would do

One page, present tense, unglamorous.

This is the rehearsal script the rewiring chapter keeps returning to, and it is far more useful than an affirmation you do not believe.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Put a gap between the feeling and the message

Twenty minutes before you send the second text.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Ask for evidence before asking for reassurance

One question: what do I actually know, versus what am I forecasting?

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Run one shadow prompt a day

Five minutes, one prompt, honest.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

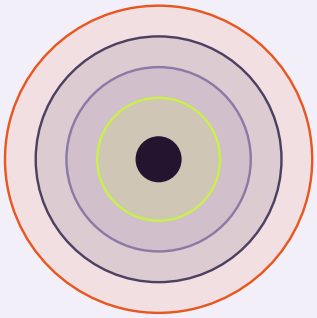
MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The spiral is not a character flaw. It is an old strategy that worked once, still running long after the danger left.

HOURLIFE DISTILLATION