

Name:	Date:
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Attachment therapy worksheet

Do you think your parents meet your physical and emotional needs?

How do they meet those needs?

Do you think you can share anything with your parents?

Do your parents value and respect your ideas and opinions?

When hit with an emotional or mental health crisis, do you feel comfortable and safe under your parent's refuge?

Can you trust others? What type of people in your opinion are trustworthy and vice versa?

Other than your parents, what relationships provide you safety and comfort during a crisis?
