

Changing Your Attachment Type

Describe how you see yourself, and don't hold back:

When you encounter a situation, what can you do to stay in the present and not act?

What makes you special and unique?

What can you do that does not require someone else?

Develop your own criteria for allowing people in your life, write yours below the example provided:

1. He/she speaks to me respectfully
2. He/she follows through on what he/she says
3. When I need it, he/she puts my needs before his/hers
4. He/she does not hurt me physically, verbally, sexually, or emotionally
5. He/she says and does things that make me feel important and wanted

Your list:

- 1.
- 2.
- 3.
- 4.
- 5.

Go over this worksheet on a regular basis and commit the helpful views, values, and behaviors to memory. As you become more secure, redo the worksheet. The more you do this, the stronger and more secure you will get.

Thank you for watching this video.

I hope you enjoyed this activity.

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