

Self-Reflection Questions to Deepen Awareness

1. What patterns or behaviors do I notice repeating in my relationships, and what emotions tend to accompany them?
2. When I feel triggered or overwhelmed in a relationship, what does my body do, and what old story does that reaction remind me of?
3. What messages did I learn about love, conflict, needs, or emotional expression growing up, and how do those messages show up in my adult relationships?
4. What role do I typically assume during relational tension: the caretaker, the peacekeeper, the withdrawer, the fixer, or the one who becomes overwhelmed?
5. What do I need to feel emotionally safe, and where do those needs originate?
6. How do I respond when someone tries to get close to me: do I lean in, pull back, overanalyze, or shut down?
7. Which attachment style do I most identify with, and how does that influence how I communicate, connect, and handle uncertainty?
8. What communication patterns do I rely on when I feel threatened or misunderstood, and how effective are they in helping me feel seen?
9. When do I silence my needs, and what fear or belief shows up when I try to express them?
10. What boundaries do I struggle to set, and what am I afraid will happen if I hold them?
11. What do I believe I deserve in relationships, and does that belief match the way I allow myself to be treated?
12. How do I show love, and what do I need from others to feel loved, respected, and appreciated?
13. When I reflect on my childhood or past relationships, what pain still lives in my body, and what might it be asking me to acknowledge or heal?
14. What version of myself am I trying to become, and what old patterns must I release in order to get there?
15. What would a healthy, secure relationship look like for me, and what steps can I take to prepare myself to receive it?



Self-Assessment Worksheet: Understanding Yourself and Preparing for Healthier Relationships

Instructions:

This worksheet is designed to help you explore your emotional patterns, attachment tendencies, communication style, trauma responses, and relational needs. Take your time. There are no right or wrong answers. Your reflections can be used as a starting point for personal insight or shared with a therapist or coach as part of your care.

Section 1: Trauma Awareness and Emotional History

1. Which early experiences do you believe shaped how you navigate relationships today?

(Examples: emotional neglect, inconsistent caregivers, high conflict, abandonment, criticism, caretaking roles)

My reflection:

2. What emotions tend to show up quickly during relational stress?

- Anxiety
- Fear
- Anger
- Shutdown or numbness
- Overthinking
- Guilt or shame
- Other: _____

3. What do these emotions remind you of from earlier in your life?

Section 2: Patterns and Behaviors That Repeat



4. What patterns do you notice showing up across multiple relationships?

(Examples: losing yourself, rescuing others, avoiding conflict, choosing unavailable partners)

My reflection:

5. How do these patterns try to protect you?

6. What consequences have these patterns created in your relationships?

Section 3: Attachment Style Exploration

7. Which attachment tendencies do you resonate with the most?

- I worry about being rejected or abandoned
- I want closeness but get overwhelmed by it
- I prefer distance and independence
- I feel comfortable with closeness and communication
- I alternate between wanting intimacy and pulling away

In your own words, how does this show up in your relationships?

Section 4: Communication Style Insight

8. When you feel hurt, misunderstood, or overwhelmed, you tend to:

- Shut down
- Withdraw
- Become emotional or reactive



- Try to fix or over-explain
- Avoid the conversation
- Become aggressive or defensive
- Communicate clearly and directly
- Other: _____

9. What communication habits do you want to improve?

Section 5: Boundaries and Needs

10. What needs feel hardest for you to express?

11. What fears come up when you consider setting boundaries?

12. What would a relationship look like where you feel safe, valued, and heard?

Section 6: Love Language Awareness

13. When others do this, I feel cared for:

- Spend quality time with me
- Offer words of affirmation
- Provide acts of service
- Give thoughtful gifts
- Show physical affection



14. When I want to show love to others, I usually:

- Spend time
- Say encouraging words
- Do things to help
- Give gifts
- Offer physical affection

Does the way you give love match the way you receive it? Why or why not?

Section 7: Growth and Support Insight

15. What parts of yourself feel ready for change?

16. What have you discovered through this assessment that you were not fully aware of before?

17. Where do you feel stuck, overwhelmed, or unsure about how to move forward?

Closing Reflection: Are You Ready for Support?

If this worksheet brought up meaningful insights, difficult emotions, or patterns that feel hard to break on your own, that is completely normal. Self-discovery is brave work, but it can also be challenging, especially when old wounds or long-standing habits surface. You deserve support that matches the depth of what you are trying to heal. Working with a trauma-informed therapist or coach can help you make sense of the patterns you identified, strengthen emotional regulation, and build healthier ways of relating to yourself and others. If you found this assessment helpful, consider reaching out for support to continue the work. You do not have to navigate your healing alone. You are worthy of understanding, safety, and relationships that truly support your growth.