

# ATTACHMENT STYLE CONVERSATION STARTERS



FOR COUPLES EXPLORING CONNECTION, PATTERNS, AND GROWTH

## WHY THIS MATTERS:

UNDERSTANDING YOUR OWN ATTACHMENT STYLE IS POWERFUL, BUT SHARING THAT AWARENESS WITH YOUR PARTNER IS WHAT TRULY TRANSFORMS RELATIONSHIPS. THIS CONVERSATION STARTER IS DESIGNED TO HELP YOU UNPACK WHAT YOU DISCOVERED FROM THE ATTACHMENT STYLE QUIZ AND TURN INSIGHT INTO INTIMACY. MAKE SURE YOU'VE COMPLETED THAT FIRST, OR YOU HAVE A GOOD GRASP ON YOUR PERSONAL STYLE BEFORE USING THIS CONVERSATION GUIDE.

NOTE: THESE QUESTIONS AREN'T DESIGNED TO SOLVE ALL YOUR CHALLENGES. THEY'RE HERE TO HELP YOU OPEN UP IN A SAFE, CURIOUS, AND NON-BLAMING WAY.

## STEP 1: SHARE YOUR RESULTS

TAKE TURNS SHARING YOUR TOP RESULT FROM THE QUIZ (AND ANY OTHER TRAITS THAT STOOD OUT). USE PHRASES LIKE:

- "I scored highest in [style], and that makes sense because..."
- "This part of my result surprised me..."
- "I think I see some of this pattern when we..."

## STEP 2: REFLECT GENTLY TOGETHER

USE THESE QUESTIONS TO EXPLORE YOUR INDIVIDUAL STYLES AND HOW THEY PLAY OUT IN YOUR RELATIONSHIP:

1. What did you learn about yourself?
2. What part of your attachment style feels most familiar?
3. What parts of your style feel challenging?
4. Are there any reactions or patterns you wish were different?
5. When do you feel most emotionally safe with me?
6. Are there things I do that help you feel grounded and secure?
7. What moments tend to trigger disconnection or tension?
8. How do our styles clash (or complement each other)?
9. How can we better support each other?
10. What's one small thing we can both do to grow toward secure attachment?