

Healing Self-Worth & Building Secure Attachment

This worksheet helps you heal self-worth wounds and insecure attachment patterns that lead to anxiety, overthinking, and unhealthy relationship cycles. It guides you toward emotional security and healthier love.

1. When do I feel most that I am worthy?

When:

- I'm chosen
- I feel attractive
- I'm praised
- I feel wanted
- I feel needed
- I feel good enough
- I'm productive
- I always say yes
- Other: _____

2. What past relationship hurt still affects how I love today?

- A breakup
- Emotional neglect
- Betrayal
- Rejection
- Abandonment
- Pressured
- Inconsistency
- Feeling unsafe
- Other: _____

3. What happened, and how did it shape you? Also write what triggers you now.

4. What story have I attached to that pain?

Examples:

- "I am too much."
- "I am not enough."
- "People always leave."
- "Love has to be earned."
- "I have to perform to be kept."
- Other: _____

5. How does that story show up in my behavior?

- People-pleasing
- Shutting down
- Overthinking
- Overgiving
- Anxiety
- Fear of speaking up
- Clinginess
- Distancing
- Avoidance
- Feeling unworthy
- Not trusting
- Picking fights
- Other: _____

6. What am I allowing because I'm afraid to lose someone or anxious to control something?

7. What might my healed future self no longer beg for or have anxiety over?

9. What would it look like to choose me here?

10. Write this somewhere you often see:

**Secure people do not chase peace...
they protect it.**

**Love is not proven by how much you tolerate.
Your worth is not determined by who stays, who
leaves, or who chooses you.**

**You are still worthy, even without proving it.
Today, I choose Me.**

"You heal when you realize your worth was never meant to be negotiated by who stayed, who left, or who chose you." - Unknown