

Secure Functioning Behaviors

Put a check next to the statements you do well. Put a dash next to the statements you may not do as well.

- _____ I tell you everything first. You're my go-to person.
- _____ I don't keep secrets from you. And nothing is swept under the rug.
- _____ I put your well-being, self-esteem, and distress relief first.
- _____ I do whatever it takes for you to feel safe, secure, and loved.
- _____ I am an expert on you. I have your owner's manual and know how to please and soothe you.
- _____ I am as good at you as I am at my work.
- _____ I kindle connection with you through eye contact.
- _____ I listen with my heart, prioritize your feelings, and respond appropriately when you show sadness, anger, or fear (ex. with validation and empathy).
- _____ I can bring my head and logic as well as my heart and feelings and know when to use each effectively.
- _____ I share my genuine feelings with you. I speak from vulnerably.
- _____ I amplify your joy and share in your excitement and happiness.
- _____ I allow you to fully be yourself.
- _____ I do not use fear, threat, or guilt to get what I want.
- _____ I use attraction strategies to get what I want (ex. speak in a kind, respectful way, ask you for things I want, offer options, listen to your ideas).
- _____ I express appreciations to you frequently, and ideally everyday.
- _____ I behave in a manner that is fair, just, and sensitive most of the time.
- _____ I know your attachment style and how to respond effectively as a result.
- _____ I know my own attachment style and am consciously working on demonstrating secure attachment behaviors.
- _____ I fight well with you (ex. make sure we both stay regulated, maintain eye contact, keep a sense of playfulness and friendliness, uphold the "good for me, good for you" value, use positive influence, navigate effectively to achieve win-win results)
- _____ I fix problems between us right away. If I hurt you, I apologize or ask for forgiveness quickly and effectively.
- _____ I protect you in public and in private.

Secure Functioning Couple Statements

Put a check next to the statements you can confidently say to your spouse.

Put a star next to the statements you want to most hear your spouse say to you.

- _____ I'm never going to leave you.
- _____ I'll do whatever it takes to make our relationship work.
- _____ I choose you. Our relationship comes first.
- _____ I'm willing to love you in the way you need.
- _____ I'll always have your back.
- _____ I'm available to you 24-7.
- _____ You are mine to take care of.
- _____ I want to always work things out with you.
- _____ I'll love you no matter what.
- _____ We're on the same team.
- _____ You can have yourself and my love.
- _____ I'm here.
- _____ You're easy to love.

Based on your spouse's story, what do you think they need to hear? Create a short, direct statement for them.

Think about what you long to hear. Write a short, direct statement you'd like your spouse to say to you.