

Exercise: Attachment & Technology Self-Check

This exercise can be helpful in exploring your attachment tendencies and how they play out in digital communication.

Rate each statement on a scale from 1 (*Not at all true*) to 5 (*Very true*):

#	Statement	Rating (1–5)
1.	I feel anxious when my partner doesn't text me back quickly.	
2.	I prefer texting over talking in person.	
3.	I check my partner's social media to feel reassured.	
4.	I feel emotionally safer when communication is digital.	
5.	I often use my phone to avoid uncomfortable emotions.	

Interpretation Guide:

- High scores on items 1 & 3 may indicate anxious digital attachment tendencies.
- High scores on items 2 & 4 may reflect avoidant digital attachment patterns.
- A high score on item 5 may point to emotional avoidance or digital regulation strategies.

Note: High scores don't "diagnose" an attachment style. They suggest patterns that may be influencing your emotional needs and digital behaviors.

Reflection:

- Which statement stood out the most to you? _____
- How do these digital behaviors affect your emotional connection in relationships?

- What need is being met through digital communication (e.g., reassurance, control, distance)? How can that need also be addressed in healthier or more connected ways?

