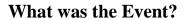
Attachment Worksheet



Briefly describe the event.

You worked nights and weekends to finish a project for work and your boss got all the credit.

What were you Feeling?

What am I feeling? (sad, hurt, betrayal, disappointment, empty, unsafe, disrespected, inadequate)

__Betrayed._

What were your Expectations?

What did you want to happen? (What **should** have happened?)

_I would get the credit for all the work. After all, my boss didn't work any overtime.

How are the expectations Unreasonable?

How is life often different from your expectations?

People are often rewarded based on their position, not on their actual work.

What is the belief you are Attached to?

This is the difference between to how life is **supposed** to be and life as it **is**. (Make a general statement.)

People should get credit for the work they do. Life should be fair.

Letting Go

What do I do I need to do to let go of this attachment?

Accept that life isn't always fair. I am not always going to get the credit I feel I deserve.

Integration

Score the acceptance of life as it is, not as your child wants it to be.

Score the degree of acceptance (circle). -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5

Plan

What do I need to do in response to this event? (speak to the other, take an action)

Tell my boss that I was disappointed that my work was not acknowledged, without expectation that anything will change.

What do I need to do in response to my discovery? (change my behaviour, apologize)

Stop expecting life to be fair.

Attachment Worksheet

