

## Attachment Worksheet

### What was the Event?

Briefly describe the event.

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

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### What were you Feeling?

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

Betrayed.

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### 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.

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### 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.

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### 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.

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### 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.

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### 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.

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

Stop expecting life to be fair.

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

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