


30-Day Healing Insecure Attachment Calendar

<p>1</p> <p>Take the self-concept inventory here and note your score. Journal about your childhood experiences with caregivers.</p>	<p>2</p> <p>Take my quiz and identify your primary attachment style!</p> <p>CLICK HERE </p>	<p>3</p> <p>Practice “practical” mindfulness for 10 minutes (focus on one activity without distraction).</p>	<p>4</p> <p>Write about a recent situation where you felt insecure. Reflect on why you felt that way.</p>	<p>5</p> <p>Take a walk in nature and focus on observing your environment and inner thoughts.</p>
<p>6</p> <p>Reflect on your top 3 strengths and how you can use them to improve your life.</p>	<p>7</p> <p>Set a personal goal for emotional growth rooted in your top values.</p>	<p>8</p> <p>Practice a deep breathing exercise for 5 minutes (try box breathing or 4-7-8).</p>	<p>9</p> <p>Write about a time you felt safe and secure. What contributed to that feeling? How can you recreate it?</p>	<p>10</p> <p>Create a calming playlist and listen to it.</p>
<p>11</p> <p>Try progressive muscle relaxation for 10 minutes before bed.</p>	<p>12</p> <p>Identify and write about triggers that make you feel insecure, and identify at least one <u>emotion regulation skill to combat them</u>.</p>	<p>13</p> <p>Practice a 10-minute guided meditation for nervous system dysregulation (see mine here).</p>	<p>14</p> <p>Write a letter of gratitude to someone who has been supportive and send it to them (or better yet, read it to them).</p>	<p>15</p> <p>Reach out to a friend or family member and give them a genuine compliment.</p>
<p>16</p> <p>Practice active listening with someone close to you.</p>	<p>17</p> <p>Write about qualities you value in a relationship and assess who in your inner circle embodies which ones.</p>	<p>18</p> <p>Spend quality time with a loved one, fully present, with an activity that aligns with their love language or preferences.</p>	<p>19</p> <p>Reflect on a time when you felt heard and understood, and how you can pay that forward with someone in your life this week.</p>	<p>20</p> <p>Share a personal story with a trusted person, and ask them to share one with you (if they feel comfortable).</p>
<p>21</p> <p>Plan a small act of kindness for someone you care about to lighten their load or to improve their day.</p>	<p>22</p> <p>Write down affirmations that counter negative self-talk. Try mine here.</p>	<p>23</p> <p>Treat yourself to a self-care activity you enjoy. Check out my self-care plan here.</p>	<p>24</p> <p>Reflect on progress made over the past weeks and journal about a proud moment.</p>	<p>25</p> <p>Identify and then challenge a limiting belief you hold, and make a plan to overcome it.</p>
<p>26</p> <p>Write a letter to your inner child showing empathy, kindness and support for a difficult time they went through.</p>	<p>27</p> <p>Engage in a hobby or activity that brings you joy.</p>	<p>28</p> <p>Practice lovingkindness meditation. Here's my version</p>	<p>29</p> <p>Write about your vision for secure and healthy relationships.</p>	<p>30</p> <p>Take the self-concept inventory again, compare your scores, and celebrate your growth with a reward of your choice.</p>

Week One

Take the self-concept inventory [here](#) and note your score. Journal about your childhood experiences with caregivers.

Take my quiz and identify your primary attachment style!



Practice “practical” mindfulness for 10 minutes (focus on one activity without distraction).



Write about a recent situation where you felt insecure. Reflect on why you felt that way.



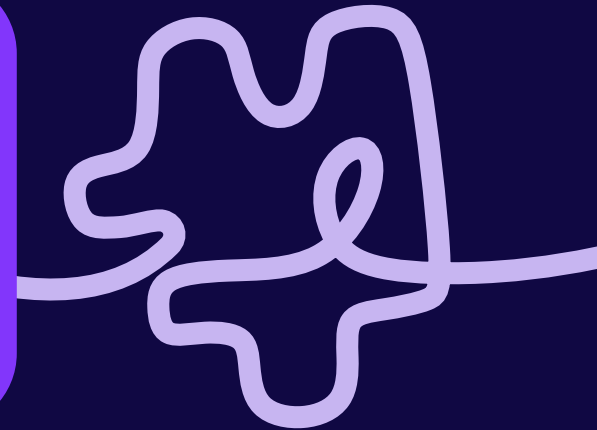
Take a walk in nature and focus on observing your environment and inner thoughts.



Reflect on your top 3 strengths and how you can use them to improve your life.



Set a personal goal for emotional growth rooted in your top values.



Week Two

Practice a deep breathing exercise for 5 minutes (try box breathing or 4-7-8).



Write about a time you felt safe and secure. What contributed to that feeling? How can you recreate it?

Create a calming playlist & listen to it.



Try progressive muscle relaxation for 10 minutes before bed.

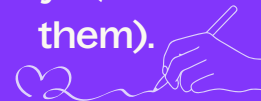


Identify and write about triggers that make you feel insecure, and identify at least one **emotion regulation skill** to combat them.

Practice a 10-minute guided meditation for nervous system dysregulation (**see mine here**).



Write a letter of gratitude to someone who has been supportive and send it to them (or better yet, read it to them).



Week Three

Reach out to a friend or family member and give them a genuine compliment.



Practice active listening with someone close to you.



Write about qualities you value in a relationship and assess who in your inner circle embodies which ones.



Spend quality time with a loved one, fully present, with an activity that aligns with their love language or preferences.

Reflect on a time when you felt heard and understood, and how you can pay that forward with someone in your life this week.

Share a personal story with a trusted person, and ask them to share one with you (if they feel comfortable).



Plan a small act of kindness for someone you care about to lighten their load or to improve their day.



Week Four +

Write down affirmations that counter negative self-talk. **Try mine here.**



Treat yourself to a self-care activity you enjoy. **Check out my self-care plan here.**



Reflect on progress made over the past weeks and journal about a proud moment.



Identify and then challenge a limiting belief you hold, and make a plan to overcome it.

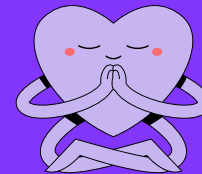


Write a letter to your inner child showing empathy, kindness and support for a difficult time they went through.

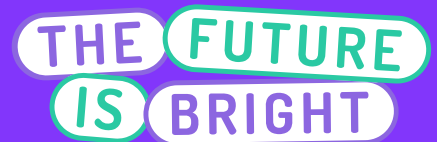
Engage in a hobby or activity that brings you joy.



Practice lovingkindness meditation. **Here's my version.**



Write about your vision for secure and healthy relationships.



Take **the self-concept inventory** again, compare your scores.

Celebrate your growth with a reward of your choice!