



Daisy
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PARTICIPANT WORKBOOK · WORKSHOP

Rooted & Connected

*Understanding How Childhood
Shapes the Way We Love*

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This Workbook Belongs To:

A Note Before You Begin

This workbook is yours. It is not a test. There are no right or wrong answers. Everything you write here is private. Some of these questions may feel heavy — that is okay. Go at your own pace.

The goal is not to fix you. You are not broken. The goal is to help you understand yourself — with compassion, curiosity, and kindness.

SECTION 1 · BEFORE WE BEGIN

What brought me here today? What has been sitting on my heart?

What do I hope to understand about myself by the end of this workshop?

What relationship patterns keep repeating in my life?

What relationship challenge am I currently struggling with?

SECTION 2 · MY CHILDHOOD RELATIONSHIP MAP

Tracing Where We First Learned About Love

Go gently. This is not about blame — it is about understanding.

My Relationship with My Mother (or Mother Figure)

What was this relationship like growing up?

When I was upset, did this person comfort me? How?

What did I learn about love from this relationship?

My Relationship with My Father (or Father Figure)

What was this relationship like growing up?

Was this person emotionally present? What does that mean to you?

What did I learn about relationships from this person?

SECTION 3 · MY ATTACHMENT STYLE

How You Learned to Connect

- SECURE**
I generally feel comfortable with closeness. I can ask for what I need.
- ANXIOUS**
I worry about relationships. I need reassurance. I fear abandonment.
- AVOIDANT**
I value independence. Closeness feels uncomfortable. I pull away.
- DISORGANISED**
Closeness feels both needed and dangerous. I push and pull.

Which pattern feels most familiar to you, and why?

Where do you see this pattern in your current relationships?

What would a more secure version of yourself look like?

SECTION 4 · CLOSING REFLECTION

"The patterns in your relationships did not come from nowhere. They were learned. And what was learned can be unlearned."

What is the most important thing I am taking away from today?

What is one thing I want to do differently in my relationships?

What support do I need to do that?

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