

# Worksheet One

## **Katie & Josh**

Katie and Josh have been together for six months. They both go to the same school and even have a few lessons together, meaning that they see each other a lot during the day. In addition to this, they both live in the same village, which makes it easy for them both to meet up outside of school as well. Whilst it was Josh who had asked Katie out, they had both been wanting a relationship with each other for some time, and they're both happy that they're now together. They always try and make time for each other, and love each other's company.

## **Ashley & Taylor**

After meeting at a mutual friend's party, Ashley and Taylor had been speaking for a week when Taylor decided to ask Ashley to be her girlfriend. It had been a month since Taylor came out of a long-term relationship and she wanted to try and find somebody new to make her happy. Ashley, who had never had never been in a relationship before, was delighted and the two have been dating since. Ashley is a talented footballer, and plays for her local team. She also plays basketball and is often busy as a result.

## **Connor & Sarah**

Connor and Sarah are in the same year group at school, but they hadn't spoken much as they had different friendship groups. Connor had always thought that Sarah was nice, and when she started messaging him out of the blue, he was happy to talk. She quickly won him over, with her funny jokes and caring personality, and after a few weeks of talking, Sarah had asked Connor if he wanted to be her boyfriend. Connor was surprised by this and wasn't too sure if he felt that way about Sarah, but he thought there was no harm in giving things a go, as they both got on really well. Since then, Sarah has introduced Connor to her friends and they've been spending more time together.

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Some psychologists have hypothesized that in relationships, people have different 'attachment styles'.

**Secure:** Trusting and comfortable depending on the other person. Not worried about being abandoned or smothered without good reasons. It feels easy.

**Avoidant:** Not very anxious about relationships, feel comfortable most of the time. If you get too close or see too much of the other person, might feel smothered or under pressure. Can push people away.

**Anxious:** Want to be close to the other person all the time, quite scared of being abandoned. Might feel lots of jealousy or overthink things a lot.

**Anxious and Avoidant:** Might change between being scared of losing them and pushing them away. Find it hard to trust them but also feel lost without them.

Which attachment style do you think represents the people in each relationship and why?

**Katie & Josh**

**Ashley & Taylor**

**Connor & Sarah**