

## Increasing Relational Humility Through Attachment

*What is this about?*

You and your partner are about to become parents for the first time, and this can be stressful time for your relationship. Research has shown that relational humility benefits couple relationships during this transition and that secure attachment increases relational humility. This means that if you see your partner as humble, you are more likely to have a more satisfying relationship. Focusing on increasing your secure attachment to each other will help you to see your partner as more humble during this often stressful transition. This worksheet focuses on increasing your secure attachment to your partner in order to benefit your overall relationship during your transition to parenthood.



*What do we do?*

1. Everyone has attachment styles that began in childhood, but these attachments can be improved through support from your partner in being flexible, open, and warmly attached in your relationship. The first step in building toward a more secure attachment to your partner is identifying if you have anxious, avoidant, disorganized, or secure attachment. Visit <https://www.attachmentproject.com/blog/four-attachment-styles/> to learn more about each attachment style and identify your own style.
2. Share your attachment style with your partner and provide some examples of how this shows up in your relationship. Enter this conversation with an open heart and be patient with your partner because this may be difficult for both of you. Try to understand your partner's attachment style and how it has impacted your relationship.
3. Commit to understanding that attachment style is developed in early childhood and that it is not all about you. Commit to clearly state your love of your partner and your desire to support them. Commit to altruistically give gifts of support and care to your partner. Commit to find experiences that help you to attach to each other in a healthy and enjoyable way.
4. Participate in an intimacy-building experiences that will help increase warmth and secure attachment in your relationship. An example of this is partner yoga.

*Where can we find more information?*

- 36 Questions for Increasing Closeness
  - [https://ggia.berkeley.edu/practice/36\\_questions\\_for\\_increasing\\_closeness?\\_ga=2.242018634.936375039.1623877657-2108832740.1623877657](https://ggia.berkeley.edu/practice/36_questions_for_increasing_closeness?_ga=2.242018634.936375039.1623877657-2108832740.1623877657)
- Attachment Resources from the Gottman Institute
  - <https://www.gottman.com/blog/attachment-style-influences-success-relationship/>
- Attachment Style in Marriage
  - <https://marriageresourcecentre.org/together-apart-attachment-style-in-marriage/>