

A PRINTABLE SELF-HELP PACK

Attachment Healing Workbook

Anxious, Avoidant & Disorganized Patterns

*Understand the patterns you learned in love, calm the alarm underneath them,
and practice the skills of earned security — one page at a time.*

INSIDE THIS PACK

- Learn where attachment patterns come from (and why they are not flaws)
- Plain-language guides to all four attachment styles
- An 18-item patterns self-check, an attachment map, and a trigger log
- Scripts for asking directly instead of protesting or withdrawing
- Pause skills for the urge to chase and the urge to run
- A letter to your younger self, a weekly reflection page, and 6 pocket cards

A printable self-help workbook based on attachment research and cognitive behavioral (CBT) skills.

How to Use This Workbook

Welcome. If you keep finding yourself in the same painful place in relationships — chasing, running, or somehow doing both — you are not broken, and you are not alone. You are running a pattern you learned long ago, and patterns can change. This workbook walks you through understanding yours and practicing something new.

Getting started

1. **Print what you need.** Print the whole pack, or just the pages you want. Tracker and reflection pages are meant to be reused — print as many copies as you like.
2. **Start with the education pages.** "Where Attachment Patterns Come From" and "The Four Attachment Styles" make every worksheet after them easier. Read those first.
3. **Take the self-check without judging yourself.** "Which Patterns Sound Like You?" is about noticing, not labeling. Most people are a mix.
4. **Build your map, then track real moments.** The Attachment Map and the Trigger & Response Log turn vague relationship pain into patterns you can actually see.
5. **Practice the skills pages in low-stakes moments first.** Direct asks and pause skills work best when you rehearse them before the hard moment arrives.
6. **Check in weekly.** The Weekly Reflection page helps you catch progress that likes to hide.

A few gentle reminders

- Attachment styles are descriptions of patterns, not diagnoses and not boxes. They shift across relationships and across time.
- This work touches old, tender places. Go at your own pace, and skip anything that feels like too much today.
- If your early life included frightening or chaotic caregiving, or if the disorganized pages feel very familiar, working with a therapist — especially a trauma-informed one — is a genuinely good idea. This workbook can sit alongside that support, not replace it.
- These tools are self-help, not therapy. If relationship distress is seriously affecting your daily life or safety, please reach out to a qualified mental health professional.

I am starting this workbook on (date):

One thing I hope will feel different in my relationships:

Where Attachment Patterns Come From

Your relational blueprint — and why it is not a flaw

Long before you could talk, you were studying relationships. As a baby, your survival depended on the adults around you, so your brain worked around the clock on one question: *how do I keep my caregivers close?* The answers you found became a kind of blueprint — quiet, automatic expectations about how closeness works. Researchers call this blueprint your **attachment system**.

Different childhoods, different blueprints

- If care was **mostly steady and responsive**, you likely learned: *people come when I need them*. Closeness feels safe by default.
- If care was **loving but inconsistent** — warm one day, distracted or overwhelmed the next — you may have learned to turn your signals **up**: cling harder, cry louder, monitor constantly. It worked. It kept care coming.
- If your needs were often **dismissed or discouraged**, you may have learned to turn your signals **down**: need less, handle it yourself, keep feelings private. That worked too. It protected you from disappointment.
- If caregiving was sometimes **frightening or chaotic**, you may have learned to do both at once — reach for closeness *and* brace against it. That was the smartest possible response to an impossible situation.

Three things worth reading twice

1. **Your pattern is an adaptation, not a flaw.** It was a small child's brilliant solution to the environment they were actually in. It protected you. It deserves some respect before it gets revised.
2. **This is understanding, not blame.** Most caregivers were doing the best they could with what they had — often while carrying their own untreated pain and their own attachment history. You can honor that and still be honest about what you needed.
3. **Patterns can change.** Researchers call it **earned security**: people who started life with insecure patterns and built secure ones — through safe relationships, self-understanding, therapy, and steady practice. It is real, it is well documented, and it is exactly what this workbook is for.

You learned your pattern before you could choose it. You get to be part of choosing what comes next.

The Four Attachment Styles

Part 1: What a "style" is — plus Secure and Anxious

An attachment style is shorthand for your default settings in close relationships: how easily you trust, what sets off your alarm, and what you do when it fires. Two honest warnings before the tour: these are **descriptions, not diagnoses** — no checklist here can label you. And they are **tendencies, not boxes** — most people are a mix, and your pattern can differ from one relationship to the next.

Secure

People with mostly secure patterns find closeness comfortable and separateness tolerable. They can say "that hurt my feelings" without a meltdown, and hear it without one too. Conflict feels unpleasant but not catastrophic, because underneath it sits a steady assumption: *we're okay, even when we disagree*. About half of adults land mostly here — and crucially, secure is also a set of learnable skills, not a club you needed the right childhood to join.

In a hard moment they... say what's wrong, ask for what they need, and let the repair count.

Anxious (sometimes called anxious-preoccupied)

People with anxious patterns feel relationships intensely and monitor them closely. A slow reply, a flat tone, a changed plan — the alarm fires fast and loud, usually announcing some version of *they're leaving*. The longing is for deep, reassuring closeness; the fear is abandonment. Under stress, the strategy learned in childhood kicks in: turn the signal up — text again, test them, protest — anything to get reassurance moving.

In a hard moment they... chase the connection: pursue, protest, or cling — even in ways that push the other person away.

Anxious patterns are not 'needy and dramatic.' They are a nervous system that learned reassurance might stop coming — working very hard to keep it flowing.

Continued on the next page: Avoidant and Disorganized.

The Four Attachment Styles

Part 2: Avoidant and Disorganized

Avoidant (sometimes called avoidant-dismissive)

People with avoidant patterns prize independence and feel most like themselves with room to breathe. Closeness is fine — until it gets *too* close, and then something in them quietly reaches for the exit: a flaw suddenly noticed, a busy week, a need for space. The fear underneath is not usually of the other person — it is of being swallowed, controlled, or losing themselves. Here is the part research keeps confirming: the attachment feelings are still there. Avoidant nervous systems register relationship stress too; the signal is suppressed, not absent.

In a hard moment they... create distance: go quiet, get busy, minimize the issue, or leave the room (or the relationship).

Disorganized (sometimes called fearful-avoidant)

People with disorganized patterns carry both alarms at once: closeness feels unsafe, and so does distance. They may crave connection deeply, reach it, and then feel trapped or panicky; create space, and then fear being left. This pattern often traces back to early caregiving that was frightening or unpredictable — when the same person was both comfort and threat, a child's only option was to reach *and* brace at the same time. If this is you, please read the disorganized pages in this workbook gently. Nothing about this pattern means you are broken.

In a hard moment they... swing — pull close, then push away, sometimes within the same hour, and often feel confused by their own reactions.

Most people are a mix. You might be anxious with one person and avoidant with another. Use these labels the way you'd use a map — to find where you are, not to decide who you are.

Which Patterns Sound Like You?

A self-check — not a diagnosis

Read each statement and check the ones that sound like you in close relationships — most of the time, not just once. Answer for how you actually behave, not how you wish you did. Nobody sees this page but you.

Block A

- ☐ If a reply takes too long, I text again — then feel embarrassed about it
- ☐ When someone pulls away, I feel a wave of panic in my body
- ☐ I replay conversations, hunting for signs that something is wrong
- ☐ I sometimes go cold or pick a fight to see if they will chase me
- ☐ I need frequent reassurance that we are still okay
- ☐ When a relationship wobbles, the rest of my life fades out

Block A checks:

Block B

- ☐ When someone gets very close, I start noticing everything wrong with them
- ☐ After an intense or intimate stretch, I need to get away for a while
- ☐ I compare real partners to an ex or an imaginary perfect person
- ☐ I keep parts of my life walled off, even from people I love
- ☐ When conflict starts, I go quiet, change the subject, or leave
- ☐ I take pride in not needing anyone

Block B checks:

Block C

- ☐ I crave closeness, then feel trapped or scared once I have it
- ☐ I push people away, then panic that they will actually go
- ☐ Trusting someone feels dangerous, even when they have earned it
- ☐ My reactions in relationships sometimes surprise or scare me
- ☐ Closeness can stir up feelings I cannot explain
- ☐ I expect to be hurt, so sometimes I hurt first or leave first

Block C checks:

Block A = anxious patterns. Block B = avoidant patterns. Block C = disorganized patterns. These are patterns, not a diagnosis — and most people are a mix. Your highest count simply suggests which 'Up Close' page to read first.

Anxious Patterns Up Close

The louder the protest, the bigger the fear underneath

When connection feels threatened, anxious attachment turns the volume up. Researchers call the results **protest behaviors**: things we do to force a response and get reassurance moving — without ever directly asking for it.

Common protest behaviors

- **The barrage.** Texting or calling repeatedly when a reply is slow.
- **Punishing silence.** Going cold or distant so they'll notice something is wrong — withdrawing in order to be pursued.
- **Testing.** Setting up little trials to prove they care: "If they really loved me, they would..."
- **Keeping score.** Tracking who texted first, who apologized last — and producing the tally mid-argument.
- **Threatening to leave** — while desperately hoping to be stopped.
- **Sparking jealousy** to make them fight for you.

What's actually happening

Under every protest behavior sits the same fear: **abandonment** — being left, being too much, being unloved. The behaviors are attempts to pull someone closer, but they hide the real need inside something that stings — so the other person responds to the sting (the jab, the silence, the test) and never sees the need at all. The painful irony of protest behavior: it pushes away the very closeness it is trying to win.

And the need underneath is almost always simple and legitimate: *reassure me that we're okay.*

Reflection

The protest behavior I recognize most in myself:

In the moment right before I do it, what I'm most afraid of is:

If I asked for what I actually need — directly, out loud — I would say:

Protest behavior is a real need wearing a disguise. The need is valid. The disguise is what keeps it from being met.

Avoidant Patterns Up Close

Deactivating strategies — distance made quietly

Where anxious patterns turn the volume up, avoidant patterns turn it down. Researchers call these moves **deactivating strategies**: small, often unconscious maneuvers that create distance whenever closeness starts to feel like too much.

Common deactivating strategies

- **Nitpicking.** Suddenly cataloguing a partner's flaws — their laugh, their texting style — right when things are going well.
- **The phantom ex.** Comparing the real person in front of you to an idealized ex or an imaginary perfect partner no one could match.
- **Space-seeking after closeness.** Needing to pull away right after an intimate weekend, a vulnerable talk, or a big step forward.
- **One foot out.** Avoiding "us" language, keeping options open, staying vague about the future.
- **Going busy or quiet.** Work, hobbies, or silence appearing exactly when feelings come up.
- **Total self-reliance.** Treating asking for help — or being needed — as a kind of failure.

What's actually happening

The fear underneath is **engulfment**: being swallowed, controlled, or losing yourself inside a relationship. Distance is how a younger you protected something real — your sense of self. Here's what research keeps finding, though: avoidant nervous systems still register attachment stress. The feelings are suppressed, not absent. Deactivating buys relief in the moment and often costs connection, and eventually loneliness, over time.

The need underneath is legitimate too: *let me stay myself while I'm close to you*. Secure relationships can actually hold that.

Reflection

The deactivating strategy I recognize most in myself:

What closeness feels like it might cost me:

A time distance protected me — and a time it cost me something I wanted:

Needing space is healthy. Needing space *every time* closeness grows is a pattern worth getting curious about.

Disorganized Patterns Up Close

When closeness and distance both feel unsafe

Please read this page gently. If it describes you, nothing here is evidence that you are broken — only that you adapted to something hard.

The come-close-go-away loop

Disorganized patterns run both alarms at once. You crave closeness — and when you finally have it, something in you sounds the alarm: *trapped, exposed, too much*. So you make distance — and the other alarm fires: *they're leaving, you're alone*. Come close, go away, come close again. From the outside it can look like mixed signals. From the inside it feels like there is no safe place to stand.

Where it often comes from

This pattern is often linked to early caregiving that was frightening, unpredictable, or chaotic — times when the person a child needed for comfort was also, sometimes, a source of fear. Often those caregivers were carrying their own untreated pain and their own frightening histories. A small child in that situation cannot leave, so they learn the only strategy available: reach *and* brace at the same time. If that was your childhood, your pattern is not confusion — it is evidence of how hard you worked to stay attached and stay safe at once.

What helps

- **Slowness.** Security is rebuilt in small, tolerable doses — five steady minutes at a time, not grand leaps.
- **Predictable people.** Consistency, kept promises, and calm repair after conflict are what your nervous system is waiting to see.
- **Support.** This pattern, more than any other, deserves a companion for the work: a therapist, ideally one who is trauma-informed. Not because you are damaged — because you deserve help carrying what was never yours to carry alone.

Reflection — skip anything that feels like too much today

When closeness starts to feel unsafe, the first thing I notice in my body is:

One person, place, or routine that helps me feel a little steadier:

You learned to reach and brace at the same time. That was survival, not weakness — and it is not the end of your story.

My Relationship Patterns Timeline

The pattern hides in one relationship — and shows in five

One hard relationship can feel like bad luck. Several, laid side by side, reveal the pattern. List a few close relationships from your life — romantic ones, but also family or close friendships — and answer honestly for each. Initials are fine. This page is for your eyes only.

The timeline

Relationship (initials)	When things got hard, I usually...	What I was afraid of	What I wish I had asked for

Example: Relationship: "J., two years." When things got hard: "Went quiet and waited for them to notice." Afraid of: "Being told I was too much." Wish I had asked for: "Ten minutes of honest talk instead of three days of silence."

Looking across the rows

The move I see myself repeating across relationships:

The fear that shows up most often in column three:

You are not looking for someone to blame — including yourself. You are looking for the pattern, because the pattern is the thing that can change.

My Attachment Map

One page that explains your hardest moments

When your attachment alarm fires, it runs the same loop almost every time: same fear, same triggers, same automatic moves, same cost. Mapping the loop once — now, while you are calm — means that next time it runs, part of you can watch it happen instead of disappearing into it. Use everything you noticed in the self-check, the Up Close pages, and your timeline.

The map

MY CORE FEAR — what my alarm is ultimately about (being left? being swallowed? both?):

MY ALARM GOES OFF WHEN — my reliable triggers (slow replies, criticism, too much closeness, mixed signals, changed plans...):

WHAT I DO WHEN TRIGGERED — my automatic protest or withdrawal moves:

WHAT I ACTUALLY NEED — the honest need hiding under those moves:

WHAT IT COSTS ME — what my current pattern takes from me and the people I care about:

Keep this page somewhere you can find it. After the next hard moment passes, come back and check: did the alarm match the facts? The gap between 'what I do' and 'what I need' is exactly where the rest of this workbook goes to work.

Trigger and Response Log

Catch the loop while it's running

Your Attachment Map describes the loop from memory. This log catches it live. For one or two weeks, any time your attachment alarm fires — the panic at a slow reply, the itch to disappear after a close moment — add a row. Record it like a scientist collecting data: no judging, just noticing. The last column matters most.

The log

Date	What happened (the trigger)	What I felt	What I did (protest? withdraw?)	What I actually needed

Example: Trigger: "Seen at 2:14, no reply by evening." Felt: "Panic, then anger." Did: "Sent three more texts, then went cold." Needed: "Reassurance we were okay — one honest sentence would have done it."

After a week, look back

My alarm fires most often when:

The gap between what I do and what I need is usually:

Seeing the loop on paper is not a small step — it is the step. A pattern you can see coming is a pattern you can interrupt.

Asking Directly for What You Need

The one skill that replaces protest and withdrawal

Protest behaviors and deactivating strategies are indirect asks — needs wrapped in disguises. The secure move is almost embarrassingly simple: say the need out loud, plainly, without the disguise. It feels far riskier than protesting. It usually works far better.

The formula

When X happens, I feel Y. What I need is Z.

Keep **X** observable (a fact, not an accusation), **Y** a feeling word (anxious, hurt, crowded, unsteady), and **Z** small and doable.

- "When I don't hear back all day, I feel anxious. What I need is a quick text if you're swamped."
- "When we keep arguing past midnight, I feel overwhelmed. What I need is to pause and pick a time to finish tomorrow."
- "When plans change last minute, I feel unsteady. What I need is a heads-up as soon as you know."

Translate the protest

Every indirect move you logged has a direct ask hiding inside it. Practice the translation here. *Example — the protest: going cold for a day. The direct ask: "When the plan fell through, I felt hurt. What I need is for us to talk about it tonight."*

The protest or withdrawal I ran	The direct ask hiding underneath

A direct ask is a request, not a demand — the other person can still say no. But watch what happens over time: people who consistently meet plain asks with contempt or punishment are showing you something important. People who meet them with care are too.

Regulating Attachment Pain

For the urge to chase — and the urge to run

Attachment pain is real pain; brain research shows social hurt overlaps with physical hurt. So the goal is not to never feel the urge. The goal is a pause between the urge and the action — because the urge peaks, crests, and falls, usually within about 20 minutes, and your options look completely different from the other side of the wave.

When I want to CHASE (*text again, call, demand reassurance*)

- ☐ Set a 20-minute timer before sending anything. Let the wave crest.
- ☐ Name it: "My alarm is firing. The alarm is loud, not accurate."
- ☐ Five long exhales — out-breath slower and longer than the in-breath.
- ☐ Write the message in your notes app. Reread it in an hour, then decide.
- ☐ Give your hands a 10-minute job: walk, dishes, shower, tidy one drawer.

When I want to RUN (*go cold, cancel, disappear*)

- ☐ Name it: "This is the urge to bolt. It's my pattern talking, not proof something is wrong."
- ☐ Stay five more minutes. Just five. Then decide.
- ☐ Ask for a pause, not an exit: "I need an hour to settle. I will come back at 8."
- ☐ Name one thing you genuinely value about this person — out loud or on paper.
- ☐ Drop your shoulders, unclench your jaw, take three slow breaths before speaking.

My plan, in my own words

My chase-moment plan <i>the two or three moves I'll try first</i>	My run-moment plan <i>the two or three moves I'll try first</i>

Coming back and saying 'I said I needed an hour — I'm back' is a secure move, even mid-pattern. Especially mid-pattern.

Caution note : "Slow breathing is generally safe. If you feel lightheaded, breathe normally for a minute and try again more gently. If you have a medical condition that affects your breathing or heart, check with your healthcare provider first."

Your pattern began as a child's best solution to a hard situation. That child is still in there — still bracing, still scanning, still working the old strategy. This page is a chance to speak to them directly. Self-compassion work like this is not fluff; it is a well-researched way to loosen an old pattern's grip.

Sentence starters (use any that help)

- ## My letter

ATTACHMENT HEALING WORKBOOK

Building Earned Security

Small, repeatable moves that retrain your alarm

Earned security is the researchers' name for something hopeful: people who started life with insecure patterns and built secure ones anyway. It is not built in grand gestures. It is built in small reps — tiny moments of doing the new thing instead of the old thing, until your nervous system collects enough evidence that closeness can be safe and space can be survivable. Check the habits you are willing to try. Star two to start this week.

In hard moments

- ☐ Name the feeling while it is happening: "My alarm is going off right now."
- ☐ Tolerate the pause — let a message sit without writing a story about it
- ☐ Stay five more minutes in a hard conversation before taking space
- ☐ Swap one protest for one direct ask: "When X, I feel Y. What I need is Z."
- ☐ Repair sooner: "I went cold yesterday. Here's what was actually going on."

In daily life

- ☐ Keep small promises to yourself — the walk, the bedtime, the phone call
- ☐ Share one real feeling a day with someone safe (small honesty reps)
- ☐ Write down one secure moment you notice: a repair, a kept plan, a calm talk
- ☐ Let care in without deflecting — "thank you" instead of "oh, it was nothing"

In choosing relationships

- ☐ Choose available people — count consistency, not just chemistry
- ☐ Watch how someone repairs after conflict; repair is the real green flag
- ☐ Let trust grow on evidence, at its own pace — no auditions, no tests

My starting two

The two habits I will practice this week:

1.

2.

Security is not a personality you were born without. It is a skill set — and every rep counts, even the wobbly ones.

Weekly Reflection

Progress in attachment work loves to hide — this page finds it

Attachment wins are quiet: the text you didn't send, the five minutes you stayed, the ask you made out loud. Left unrecorded, they vanish. Fill this in once a week; print a fresh copy each time.

Week of:

1. This week's alarm

Overall, my attachment alarm this week was (circle one): 0 1 2 3 4 5 6 7 8 9 10 — 0 = quiet, 10 = constant

Compared to last week, that is (check one): [] Quieter [] About the same [] Louder

2. Skills I practiced (check all that apply)

- ☐ Noticed a trigger and named it in the moment
- ☐ Paused before chasing (timer, exhales, notes-app draft)
- ☐ Stayed — or asked for a pause instead of an exit
- ☐ Made a direct "When X, I feel Y, I need Z" ask
- ☐ Practiced a Building Earned Security habit
- ☐ Carried or reread a pocket card

3. Reflection prompts

A moment I responded differently than my old pattern would have:

A moment the old pattern won — and what my alarm was really about:

One secure moment I noticed this week (a repair, a kept promise, a calm hard talk):

4. Looking ahead

One small practice for next week:

One kind sentence for my next hard moment:

A week where the old pattern won is not a wasted week. You saw it happen — that is the noticing that makes next time different. If many hard weeks stack up, that is useful information, and a good reason to talk with a therapist.

Pocket Reminder Cards

Cut them out. Keep them close.

In a triggered moment, the wise part of your brain goes quiet — so borrow these. Cut along the dashed lines and keep them where your hard moments happen: wallet, phone case, desk drawer, bedside table.

<i>"My alarm is loud, not accurate. I can feel the wave — and still choose my next move."</i>	<i>"This pattern once protected me. I can thank it for its service and still try something new."</i>
<i>"When X happens, I feel Y. What I need is Z. Say it plainly. The right people can hear it."</i>	<i>"The urge to chase is not an emergency. Twenty minutes. Long exhales. Then decide."</i>
<i>"The urge to run is not proof something is wrong. Stay five more minutes. See what happens."</i>	<i>"Security is built in small moments: a kept promise, a direct ask, a repair. I am building it right now."</i>

Cut along the dashed lines.

A Note as You Go

You learned your pattern over years, in the most important relationships of your early life. It will not unlearn itself in a week, and it does not need to. Change in attachment work looks less like a straight line and more like this: the alarm still fires, but you notice it sooner. The old move still happens, but you catch it halfway. The rupture still comes, but the repair comes faster. That is the progress. Count it.

A few things worth keeping:

- **Being a mix is normal.** You may chase with one person and run from another. The skills in this workbook work on both sides of the loop.
- **Your pattern made sense.** It was never proof that you are too much, too cold, or too complicated. It was a young person's best strategy — and strategies can be updated.
- **Practice in small, safe places.** A direct ask to a friend. Five extra minutes in a mildly hard talk. Your nervous system learns from reps, and small reps count fully.
- **Let people show you who they are.** As you drop the protests and the walls, notice who meets plain honesty with care. That information is gold.

And one thing said plainly: some of this work — especially if the disorganized pages felt familiar, or your early life included frightening experiences — deserves more support than any workbook can offer. Working with a therapist is not a sign this workbook failed, and not a sign you failed. It is the same move this whole workbook has been teaching: asking directly for what you need.

Be patient with yourself. You are not behind. You are mid-practice.

Earned security is not about never feeling the alarm again. It is about slowly becoming someone your own nervous system can trust.

Please Read: Important Information

About this workbook

This workbook is an educational self-help resource. It shares general information and skills drawn from widely used attachment research and cognitive behavioral (CBT) approaches.

It is not psychotherapy, counselling, medical care, or mental health treatment. Using this workbook does not create a therapist-client or any other professional relationship with its creator. It is not a substitute for assessment, diagnosis, or treatment by a qualified physician, psychologist, psychotherapist, counsellor, or other licensed professional, and it is not intended to diagnose or treat any condition. Attachment-style language in these pages describes common relationship patterns — it is not a diagnostic label, and no checklist here can diagnose anything.

Everyone's situation is different. If relationship distress is significantly affecting your daily life — your sleep, work, school, relationships, or health — or if your early life included frightening or traumatic experiences, please reach out to a qualified mental health professional. Attachment patterns respond well to therapy, and seeking help is a sign of strength.

A note on safety: this workbook is about changing your own patterns within ordinary, imperfect relationships. It is not designed for relationships involving abuse, control, or fear of a partner. If that is your situation, the problem is not your attachment style — please reach out to a domestic violence support line or a professional who can help you plan for safety.

If any exercise in this workbook feels distressing, please stop and consider speaking with a professional. The slow-breathing exercises included here are generally safe, but consult your healthcare provider if you have a medical condition that affects your breathing or heart.

If you need help now

If you or someone else is in immediate danger, call 911 (Canada and the US) or go to your nearest emergency department.

988 Suicide & Crisis Lifeline (Canada and the United States)

- **Call 988** — free, confidential, available 24 hours a day, 7 days a week
- **Text 988** — if you prefer texting to talking

Additional support:

- **United States — Crisis Text Line:** text HOME to 741741 (24/7)
- **Canada — Kids Help Phone (for young people):** call 1-800-668-6868 or text CONNECT to 686868 (24/7)

You do not need to be in crisis to reach out. If you are struggling, these services are there for you.

You matter. Your patterns are not your worth. And support is available.

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