

It's back.

What am I doing?

EXPLAINING

WAITING

ADAPTING

SEEKING JUSTICE

LEAVING / GOING BACK

CHECKING / ASKING / RELIEF

WHAT AM I TRYING TO GET?

Classify the move by what you're trying to get,
not by what it looks like.

Find the Family

EXPLAINING

→ MAKE HIM UNDERSTAND

WAITING

→ MAKE HIM CHANGE

ADAPTING

→ CHANGE YOURSELF SO IT WORKS

SEEKING JUSTICE

→ GET AN ANSWER / BE UNDERSTOOD

LEAVING / GOING BACK

→ MAKE THE PAIN STOP

CHECKING / ASKING / RELIEF

→ GET CERTAINTY NOW

What Now?

1 **Don't fix the relapse.**

Don't send another message to repair it.
Don't check again to undo the checking. The second move is usually worse than the first.

2 **Name the move.**

One specific moment — not the whole relationship. What did you do? What were you after?

3 **Find the family.**

4 **Return to the intervention.**

5 **Carry on.**

Don't invent a new solution.

The pattern returned. That is different from returning to the beginning.

Catch It Early

The first move is often easier to change than the whole spiral.

Checking again?

Rehearsing the conversation?

Explaining again?

Waiting for the old version of him?

Changing yourself again?

Asking someone what it means?

Even earlier than that: your phone moving back to the bedside table. Clearing your evening “just in case.” None of those is the loop yet — they’re the conditions it needs. Easier to interrupt than the thing itself.



WHEN IT HAPPENS

You are not starting again.

The pattern returned.

That's different from returning to the beginning.

Find the move.

Return to the intervention.

Continue.

THE RELAPSE PROTOCOL • THE ANXIOUS
ATTACHMENT WORKBOOK