

Love or Attachment?

10 Questions to Ask Yourself

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July 01, 2025

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1. Am I afraid of losing them-or afraid of losing what they represent (security, validation, identity)?

Journal space:

2. Do I feel anxious when I'm not in contact with them, or do I trust the connection?

Journal space:

3. Am I more focused on how they make me feel, or on who they are as a person?

Journal space:

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4. Do I love them as they are-or am I hoping they'll change into what I need?

Journal space:

5. Do I stay because I genuinely feel joy and safety, or because I'm afraid to be alone?

Journal space:

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6. If they stopped meeting my needs, would I still choose to be with them?

Journal space:

7. Am I showing up in this relationship from a place of self-worth or self-doubt?

Journal space:

8. Is there a sense of ease and flow, or does it feel like I'm constantly chasing connection?

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Journal space:

9. Do I feel empowered and expansive in this relationship, or smaller and unsure?

Journal space:

10. Am I in this because I want to be-or because I feel like I need to be?

Journal space:

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