

# A-H-A solution worksheet

The Situation: \_\_\_\_\_

Attachment Response	Non-Attachment Response
<b>Aware.</b> What are the thoughts and feelings?:  <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<b>Aware.</b> What are my thoughts and feelings?:  <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

**Halt.** List the ways you can respond to the situation, considering your thoughts and feelings about your attachment:  
  

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**Act.** Which action will you take?  
  

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What were the results of implementing that action?:  
  

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