

STELLAR *Life*

Hosted By *Orion*

Attachment Theory and Therapy

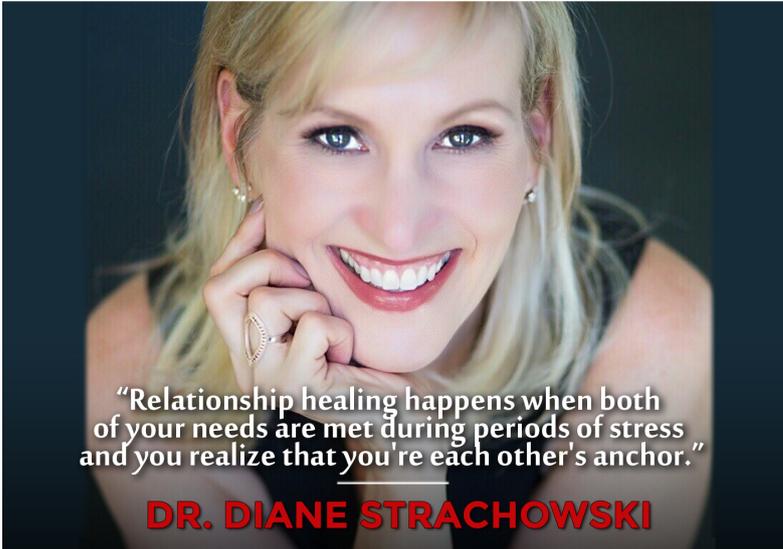
10 Point Checklist

Dr. Diane Strachowski

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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A close-up portrait of Dr. Diane Strachowski, a blonde woman with blue eyes, smiling warmly. She is resting her chin on her hand, which is adorned with a ring. The background is dark, making her face the central focus.

“Relationship healing happens when both of your needs are met during periods of stress and you realize that you're each other's anchor.”

DR. DIANE STRACHOWSKI

10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.

- Build new relationships and nurture long-term ones. At the end of the day, some of the most important things are the people we love and the moments we share with them.
- Determine your attachment style by taking the [Love Style Quiz](#). This will help you learn how to deal with your feelings, both positive and negative, when you're in a relationship with your partner.
- Find out your significant other's attachment style. Knowing your partner's style can help you see where they are coming from and perceive their feelings.
- Analyze your childhood experiences and how they might have shaped how you handle relationships. Studies show that children of trauma and abandonment tend to have more difficulties in maintaining relationships.
- If you're a parent, do your best to provide a quality environment for your kids. It doesn't always have to be materialistic. Instead, be present in your child's life and make sure they feel loved, secure, and cared for.
- Practice self-love and let it serve as a form of healing. Prioritizing your well-being enables you to be a better person and partner.
- Maintain open communication with your partner. Be honest with your feelings but talk to them in a very constructive way so that they can better understand where you are coming from.
- Instead of throwing a huge fit, isolate yourself first and internalize the problem you're dealing with. Only then communicate when you are calm and collected.
- Check out Harville Hendrix's [Imago Dialogue](#), Byron Katie's [The Work](#) and Erin Bach's [Socratic Questioning](#) for help and advice on how to strengthen relationships through communication and self-reflection.
- Visit Dr. Diane Strachowski's [website](#) for more content, tips, and advice on the attachment theory