



Reflection:

Relationships, Attachment & Attunement



From the podcast:

The Human Story

S2 E8 - 30/07/2026

Relationships- Attachment, Attunement & Courage To Show Up Featuring Zubeida Ahmed

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"Healing begins when we become curious about how we've learned to love, protect and connect."

Before You Begin

Relationships are often where our deepest wounds and our greatest healing are revealed.

As you reflect on this episode, resist the urge to judge yourself. Instead, become curious. Every relationship tells a story, including the one you have with yourself.



1. Your Relationship Blueprint

The way we show up in relationships is often shaped long before we become aware of it.

As you listened to the conversation:

- What felt familiar?
- Which moments resonated with your own life?
- How do you typically respond when relationships feel emotionally unsafe do you seek reassurance, withdraw, people-please, become independent, or something else?

Journal:

2. Curiosity Creates Connection

One of the strongest themes in this episode was the power of curiosity.

Think about a recent disagreement or misunderstanding.

Instead of asking, "Who's right?", consider:

- What might this person have been experiencing?
- What need may have been underneath their behaviour?
- What was happening inside me at that moment?
- How might curiosity have changed the outcome?

Journal:



3. Practicing Attunement

Attunement is more than listening it is the willingness to truly understand another person's emotional world.

Think of someone important in your life.

- What do they need from you most right now?
- How do you usually respond when they're struggling?
- What would it look like to meet them where they are instead of where you wish they were?

Journal:

4. The Courage to Be Seen

One of the most powerful ideas explored in this episode was that intimacy grows when we allow ourselves to be seen without our usual defences.

Ask yourself:

- Who makes me feel emotionally safe?
- Where in my life do I still hide behind perfection, independence or people-pleasing?
- What would it look like to show up more honestly with myself and with someone I trust?

Journal:



This Week's Practice:

Healing isn't found in one conversation it is built through small, intentional moments of presence.

Choose one relationship you want to nurture this week.

What is one practical step you will commit to?

Perhaps you will:

- Pause before reacting.
- Ask one more curious question.
- Listen without trying to fix.
- Offer reassurance.
- Apologise.
- Express appreciation.
- Allow yourself to be vulnerable.

Complete this sentence:

This week, I will choose connection by

Final Reflection

"What would change in my relationships if I chose understanding before assumption, curiosity before judgement, and presence before perfection?"

Continue the Journey.

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