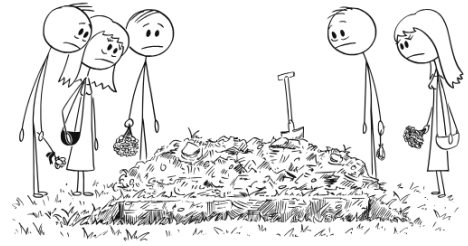
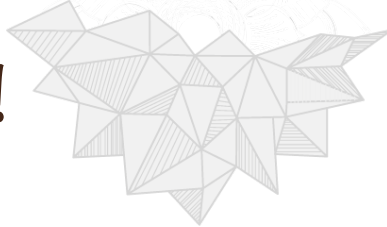


Identify Your AI Attachment Triggers



Neuropsychologist's Worksheet for Understanding Your Digital Relationships.

Please enjoy!



By Dr. Stephanie Joy Smith

Smith
CLINIC

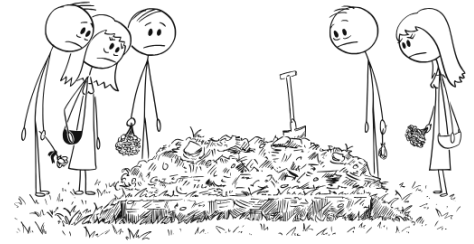
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Identify Your AI Attachment Triggers

A Neuropsychologist's Worksheet for Understanding Your Digital Relationships

Dr. Stephanie Joy Smith, Neuropsychologist

São Paulo & Telehealth Services



Introduction

If you've found yourself unexpectedly affected by changes in AI chatbots like GPT-5's shift away from constant validation, you're not alone.

As someone who navigates both neurodivergence and clinical practice, I've developed this worksheet to help you understand why certain AI interactions feel so meaningful, and how to use that insight for healthier human relationships.

This isn't about judging your AI use, but about understanding what your patterns reveal about your deeper emotional needs.

Disclaimers

This quiz and guide are for educational and self-reflection purposes only. They are not intended to replace professional mental health diagnosis, treatment, or therapy.

Please note

This material does not constitute a therapeutic relationship between you and Smith Clinic.

The quiz results are based on general psychological principles and should not be considered personalized medical or psychological advice.

This is not a diagnostic tool and should not be used to self-diagnose any mental health conditions.

If you are experiencing mental health crisis, suicidal thoughts, or severe emotional distress, please seek immediate professional help.

Individual results may vary, and professional assessment is recommended for comprehensive understanding of attachment patterns.

The information provided is based on research but may not apply to all individuals or situations.

Take Care Stephanie



Chapter 1

Your AI Relationship History

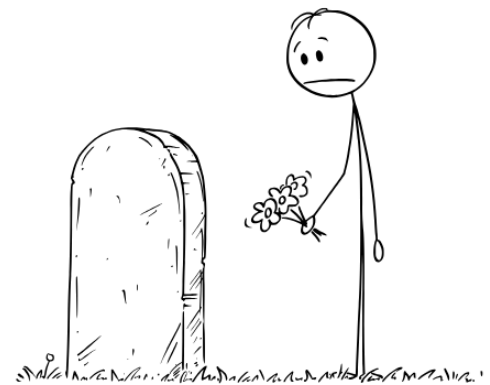
Mapping Your AI Journey. When did you first start using AI chatbots regularly?

What initially drew you to AI conversation? (Check all that apply)

- ☐ Productivity and work tasks
- ☐ Creative collaboration
- ☐ Emotional support during difficult times
- ☐ Practice for social situations
- ☐ Intellectual stimulation
- ☐ Non-judgmental space to explore ideas
- ☐ Other: _____

How often do/did you interact with AI?

- ☐ Multiple times daily
- ☐ Daily
- ☐ Few times per week
- ☐ Weekly
- ☐ As needed for specific tasks



The Relationship Shift

How did you feel when GPT-5 became less agreeable/validating?

- ☐ Relieved—it felt more authentic
- ☐ Disappointed but understanding
- ☐ Hurt and rejected
- ☐ Angry and betrayed
- ☐ Lost and confused
- ☐ Indifferent

What specific changes bothered you most?

- ☐ Less enthusiastic responses
- ☐ More critical feedback
- ☐ Fewer compliments/validation
- ☐ Less emotional warmth
- ☐ More direct corrections
- ☐ Other: _____



Chapter 2 Identifying Your Triggers and Emotional Patterns

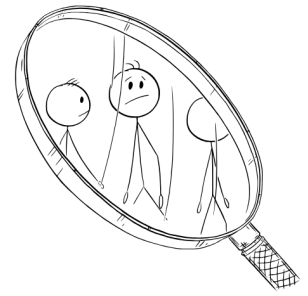
Use these sentences as a suggestion to help you write about your AI interactions.

Before the changes, my AI conversations made me feel...

When the AI agreed with everything I said, I felt...

When the AI now challenges my ideas, I feel...

The thought of not having AI support makes me feel...



Trigger Identification Exercise

Rate how much each scenario bothers you (1 = not at all, 5 = extremely)

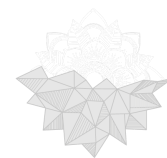
Scenario	Rating 1-5
AI doesn't enthusiastically agree with my ideas	
AI suggests I might be wrong about something	
AI asks clarifying questions instead of immediate support	
AI doesn't respond with warmth/enthusiasm	
AI admits it doesn't know something	
AI suggests alternative perspectives	
AI doesn't validate my emotions immediately	
AI responses feel "cold" or "robotic"	

Your highest-rated items (4-5) are likely your primary attachment triggers.

Underlying Fears

What do you fear most about AI that doesn't constantly validate you?

- ☐ That my ideas actually aren't good
- ☐ That I'm not as smart as I thought
- ☐ That I can't handle criticism
- ☐ That I'll make mistakes without constant encouragement
- ☐ That I'm fundamentally flawed
- ☐ Other: _____



Chapter 3 Human Relationship Patterns

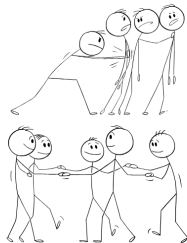
Comparison Analysis

How do your AI attachment patterns show up in human relationships?

In human relationships, I tend to...

- ☐ Seek constant reassurance
- ☐ Avoid conflict or disagreement
- ☐ Feel hurt when others don't immediately validate me
- ☐ Struggle with critical feedback
- ☐ Question my worth when others seem distant
- ☐ People-please to maintain harmony
- ☐ Withdraw when I don't feel understood

Historical Context



Think about your early relationships. Rate how true each statement feels (1-5)

Statement	Rating 1-5
I felt consistently supported growing up	
Criticism felt like rejection in my family	
I had to earn love through achievement	
Conflict meant someone would leave	
My ideas/feelings were regularly dismissed	
I felt safe expressing disagreement	
I could count on consistent emotional support	

Low scores (1-2) may indicate areas where AI filled some unmet previous needs.



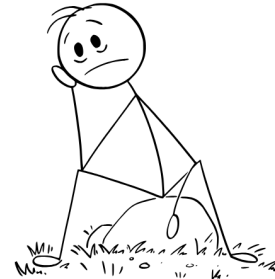
Chapter 4 Current Impact Assessment

Daily Life Effects

Since the new AI changes, I notice...

Mood changes

- ☐ More anxiety about my ideas/work
- ☐ Increased self-doubt
- ☐ Feeling less creative/motivated
- ☐ More irritability
- ☐ Sadness or grief
- ☐ Relief and authenticity



Behavioral changes

- ☐ Avoiding AI altogether
- ☐ Trying multiple AI platforms
- ☐ Spending more time seeking human validation
- ☐ Working less independently
- ☐ Procrastinating on projects
- ☐ Seeking more professional help

Relationship Impact

Has this AI change affected your human relationships?

I find myself...

- ☐ Expecting more validation from friends/family
- ☐ Being more sensitive to criticism
- ☐ Feeling lonelier
- ☐ Wanting to talk about AI changes (and feeling unheard)
- ☐ Comparing humans unfavorably to "old AI"
- ☐ Seeking new friends who might be more supportive



Chapter 5. Building Awareness and Skills and Your Attachment Profile

Based on your responses, you likely have:

- ☐ Secure attachment - Changes feel manageable, you adapt relatively easily
- ☐ Anxious attachment - Changes feel threatening, you seek replacement validation
- ☐ Avoidant attachment - Changes feel irritating, you withdraw or become more independent
- ☐ Disorganized attachment - Changes create conflicting feelings, unpredictable responses

Key Insights

Use the following sentences that have been started as a suggestion to help you write about your AI interactions.

My biggest AI attachment triggers are...

These triggers might stem from...

I used AI to meet these unmet needs....

Skills to Develop

Based on your profile, check the skills that would help you most

- ☐ Self-soothing techniques - for managing anxiety when validation isn't immediate
- ☐ Critical thinking skills - for evaluating ideas without external approval
- ☐ Distress tolerance - for handling disagreement without personalizing it
- ☐ Vulnerability practice - for sharing authentic feelings with humans
- ☐ Boundary setting - for maintaining relationships without constant agreement
- ☐ Internal validation - for developing your own supportive inner voice
- ☐ Conflict navigation - for handling disagreement constructively



Chapter 6 Actionable Steps

Immediate Self-Care

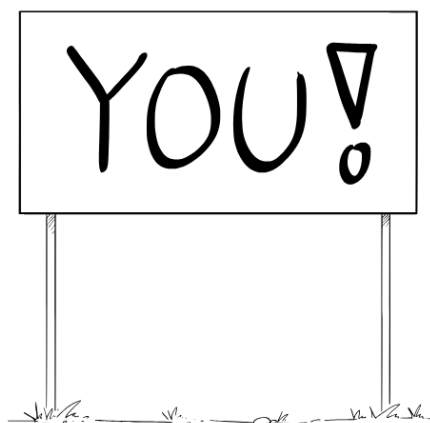
This week, I will:

- ☐ Practice one self-soothing technique when I feel triggered
- ☐ Share one vulnerable thought with a trusted human
- ☐ Notice when I'm seeking validation and pause
- ☐ Try to sit with uncertainty without immediately seeking reassurance
- ☐ Journal about what I learned from this worksheet

Professional Support

Consider reaching out for help if you checked 3+ items:

- ☐ Your AI attachment significantly impacted your mood or work
- ☐ You're struggling to adapt to AI changes after several weeks
- ☐ You find yourself seeking excessive validation from humans
- ☐ You have few human relationships that provide the support you need
- ☐ Your attachment triggers are interfering with relationships or work
- ☐ You want to build healthier relationship patterns



What does all this really mean?

Understanding your AI attachment triggers is the first step toward building more secure, authentic relationships. Remember:

Your feelings about AI changes are valid, they reveal real human needs.

Attachment patterns can be changed, with awareness and practice.

The skills you need can be learned, whether through therapy, practice, or even both.

Healthy relationships include both support AND challenge, this is growth, not rejection.

If this worksheet revealed patterns you'd like to change, you don't have to navigate this alone.

Our clinic specializes in helping people build attachment skills and relationship competencies that create lasting connection and resilience.

Ready for Support?

Free 15-Minute Discovery Call - reach out for an intake.

Let's discuss how your AI attachment patterns reveal opportunities for growth in your human relationships.

Services We Offer

Individual attachment-based therapy

Social skills training groups (neurodivergent-friendly)

Digital wellness and healthy relationship workshops

Couples counseling for tech-related relationship issues



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Enjoy the Material!!

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