





10. How did you cope? Does this have an impact on your relationships now?

11. If it is hard for you to turn to and trust others to let them close when you really need them, what do you do when life gets too big to handle or when you feel alone?

12. Name two very concrete and specific things that a safe, accessible, and engaged lover in a relationship with you would do in a typical day.

13. How would those things make you feel at that moment?

14. In your present relationship, can you ask your partner when you need closeness and comfort? Is this easy for you or difficult to do?

15. Do you see this as a sign of weakness?

Or maybe it seems too risky for you.

Rate your difficulty in doing this on a scale of 1 - 10 (a high score means it is very difficult for you to do).

1    2    3    4    5    6    7    8    9    10

16. Share this with your partner.

17. When you feel disconnected or alone in your present relationship, are you likely to get very emotional or even anxious and push your partner to respond?

Or are you more likely to shut down and try not to feel your need to connect?

Can you think of a time when this happened?

18. Think of a time in your relationship when questions like *Are you there for me?* were hanging in the air unanswered, and you got into a fight with your partner about a mundane issue. *Share this with your partner.*

19. Can you think of bonding moments in your relationship when one of you reaches out and the other responds in a way that makes you both feel emotionally connected and secure with each other? *Share this with your partner.*