



## **Attachment History**

To whom did you go for comfort when you were young?

Could you always count on this person/these people for comfort?

When were you most likely to be comforted by this person/these people?

How did you let this person/these people know that you needed connection and comfort?

Did this person/these people ever betray you or were they unavailable at critical times?

What did you learn about comfort and connection from this person/these people?

If no one was safe, how did you comfort yourself? How did you learn that people were unsafe?

Did you ever turn to alcohol, drugs, sex, or material things for comfort?

Have there been times when you have been able to be vulnerable and find comfort with your partner?

Have there been any particularly traumatic incidents in your previous romantic relationship?

How have you tried to find comfort in romantic relationships?

## **Relationship Inventory / Attachment History**

1. The names of all your romantic partners, past and present. These can include people you've dated briefly. We suggest working vertically, one column at a time. Completing the inventory vertically encourages you to focus less on each particular scenario and to achieve an integrated picture of your working model across relationships. The more information you gather, the better:
2. Write what you remember about the relationship: what it was like and what things stand out most when you try to recall your time together. Once you write down your general recollections of the relationship:
3. Take a closer look and identify specific scenarios that contribute to activation / deactivation of your attachment system:
4. Ask yourself how you responded to these situations: What did you do? What were you thinking? How did you feel? The lists below the inventory are provided to help you recall these reactions:
5. This is a crucial next step. You will need to reassess these experiences from an attachment perspective to gain insight into the issues that affected your relationships.

6. What attachment issues underlie your reactions: Protest behavior? Deactivation? Refer to the lists as a guide:

## **Attachment Questionnaire**

Please use additional paper to answer these questions so your responses will not be limited.

1. What was it like growing up? Who was in your family?
2. How did you get along with your parents early in your childhood? How did the relationship evolve throughout your youth and up until the present time?
3. How did your relationship with your mother and father differ and how were they similar? Are there ways in which you try to be like, or try not to be like, each of your parents?
4. Did you ever feel rejected or threatened by your parents? Were there other experiences you had that felt overwhelming or traumatizing in your life, during childhood or beyond? Do any of these experiences still feel very much alive? Do they continue to influence your life?

5. How did your parents discipline you as a child? What impact did they have on your childhood, and how do you feel it affects your role as a parent now?
  
6. Do you recall your earliest separation from your parents? What was it like? Did you ever have a prolonged separation from your parents?
  
7. Did anyone significant in your life die during your childhood or later in your life? What was that like for you at the time, and how does that loss affect you now?
  
8. How did your parents communicate with you when you were happy and excited? Did they join with you in your enthusiasm? When you were distressed or unhappy as a child, what would happen? Did your father and mother respond differently to you during these emotional times? How?
  
9. Was there anyone else besides your parents in your childhood who took care of you? What was that relationship like for you? What happened to these individuals? What is it like for you when you let others take care of your child now?

10. If you had difficult times during your childhood, were there positive relationships in or outside your home that you could depend on? How do you feel those connections benefited you then, and how might they help you now?
  
11. How have your childhood experiences influenced your relationships with others as an adult? Do you find yourself trying not to behave in certain ways because of what happened to you as a child? Do you have patterns of behaviors that you'd like to alter but have difficulty changing?
  
12. What impact do you think your childhood has had on your adult life in general, including the ways in which you think of yourself and the ways you relate to your children? What would you like to change about the way you understand yourself and relate to others?