



**EMOTIONALLY FOCUSED THERAPY FOR COUPLES
ATTACHMENT AND RELATIONSHIP ASSESSMENT**

Please answer all information as completely as possible. Information will be managed as protected health information. If you need assistance, please ask. Your Counselor will review this information with you.

Client: _____

Date: _____

CHILDHOOD ATTACHMENT RELATIONSHIPS

1. Who did you go to for comfort when you were young? _____

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

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

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

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

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

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

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

9. How did your family handle loss and trauma? _____



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ADMINISTRATIVE OFFICE:

3006 E GOLDSTONE DRIVE, MERIDIAN, ID 83642

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ROMANTIC ATTACHMENT RELATIONSHIPS

1. Describe times when you have been able to be vulnerable and find comfort with your partner: _____

2. Have there been any particularly traumatic incidences in your previous romantic relationships? _____

3. How have you tried to find comfort in romantic relationships? _____



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Attachment Style Questionnaire

	TRUE		
	A	B	C
I often worry that my partner will stop loving me.	<input type="checkbox"/>		
I find it easy to be affectionate with my partner.		<input type="checkbox"/>	
I fear that once someone gets to know the real me, s/he won't like who I am.	<input type="checkbox"/>		
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.			<input type="checkbox"/>
When I'm not involved in a relationship, I feel somewhat anxious and incomplete.	<input type="checkbox"/>		
I find it difficult to emotionally support my partner when s/he is feeling down.			<input type="checkbox"/>
When my partner is away, I'm afraid that s/he might become interested in someone else.	<input type="checkbox"/>		
I feel comfortable depending on romantic partners.		<input type="checkbox"/>	
My independence is more important to me than my relationships.			<input type="checkbox"/>
I prefer not to share my innermost feelings with my partner.			<input type="checkbox"/>
When I show my partner how I feel, I'm afraid s/he will not feel the same about me.	<input type="checkbox"/>		
I am generally satisfied with my romantic relationships.		<input type="checkbox"/>	
I don't feel the need to act out much in my romantic relationships.		<input type="checkbox"/>	
I think about my relationships a lot.	<input type="checkbox"/>		
I find it difficult to depend on romantic partners.			<input type="checkbox"/>
I tend to get very quickly attached to a romantic partner.	<input type="checkbox"/>		
I have little difficulty expressing my needs and wants to my partner		<input type="checkbox"/>	
I sometimes feel angry or annoyed with my partner without knowing why.			<input type="checkbox"/>
I am very sensitive to my partner's moods.	<input type="checkbox"/>		
I believe most people are essentially honest and dependable.		<input type="checkbox"/>	
I prefer casual sex with uncommitted partners to intimate sex with one person.			<input type="checkbox"/>
I'm comfortable sharing my personal thoughts and feelings with my partner.		<input type="checkbox"/>	
I worry that if my partner leaves me I might never find someone else.	<input type="checkbox"/>		



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Attachment Style Questionnaire

	TRUE		
	A	B	C
It makes me nervous when my partner gets too close.			<input type="checkbox"/>
During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things.	<input type="checkbox"/>		
An argument with my partner doesn't usually cause me to question our entire relationship.		<input type="checkbox"/>	
My partners often want me to be more intimate than I feel comfortable being.			<input type="checkbox"/>
I worry that I'm not enough.	<input type="checkbox"/>		
Sometimes people see me as boring because I create little drama in relationships.		<input type="checkbox"/>	
I miss my partner when we're apart, but when we're together I feel the need to escape.			<input type="checkbox"/>
When I disagree with someone, I feel comfortable expressing my opinions.		<input type="checkbox"/>	
I hate feeling that other people depend on me.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, I might let it faze me. I might feel a pang of jealousy, but it's fleeting.		<input type="checkbox"/>	
If I notice that someone I'm interested in is checking out other people, I feel relieved – it means s/he's not looking to make things exclusive.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed.	<input type="checkbox"/>		
If someone I've been dating begins to act cold and distant, I may wonder what's happened, but I'll know it's probably not about me.		<input type="checkbox"/>	
If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.			<input type="checkbox"/>
If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.	<input type="checkbox"/>		
If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt)	<input type="checkbox"/>		
If someone I've been dating for several months tells me s/he wants to stop seeing me, I'd feel hurt at first, but I'd get over it.		<input type="checkbox"/>	
Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.			<input type="checkbox"/>
I won't have much of a problem staying in touch with my ex (strictly platonic) – after all, we have a lot in common.		<input type="checkbox"/>	

Add up all your checked boxes for - Column A: _____, Column B: _____, Column C: _____