****

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