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**Relationship Inventory**

**1. Names of partner’s**

**a.**

**b.**

**c.**

**d.**

**e.**

**f.**

**2. What is/was the relationship like? What recurrent patterns can you recall?**























**3. Situation that triggered activation or deactivation of attachment system?**

**a.**

**b.**

**c.**

**e.**



**4. My reaction (thoughts, feelings, actions)**

**a.**

**b.**

**c.**

**d.**

**e.**



**5. Insecure attachment working models and principals:**

**6. How I lose out by succumbing to these working/models and principals:**

**7. Identify a secure role model who is relevant to this situation and secure principals to adopt. How is he/she relevant?**