

Attachment History

Childhood Attachment Relationships

- Who did you go to 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?

Romantic Attachment Relationships

- Have there been times when you have been able to be vulnerable and find comfort with your spouse?
- Have there been any particularly traumatic incidences in your previous romantic relationships?
- How have you tried to find comfort in romantic relationships?