

Couples Attachment History (ask each partner)

A. Story of how they met

1. How did you meet?
2. How long are you together?
3. What attracted you to each other?
4. What was the relationship like in the beginning?
5. How is it now?
6. What hurts in this relationship?
7. What brought you into therapy now?
8. How do you deal with conflict?
9. How do you disconnect?
10. What does that disconnection look like?
11. How long does the disconnection typically last?
12. How do you repair conflict?
13. Who initiates reconnecting?

B. Attachment Formation

1. What did you learn from your family about being emotional and vulnerable?
2. What do you remember happening when you were little and you were hurt or afraid? Who did you turn to? Could you say you were hurting? How did they respond?
3. Do you remember feeling safe with someone in your family? And if yes, who was it and how did you know you were safe? Give an example.
4. How did you know when a parent or parental figure was angry?
5. How did you know when a parental figure was sad or afraid?
6. Can you talk about someone in your life whom you felt you could be vulnerable and open with while growing up?
7. How did your family deal with and handle loss and or trauma?

8. Can you talk about any significant trauma or abuse you dealt with growing up? If it feels unsafe to talk about it...can we talk about why it feels unsafe and how we can create safety for you?
9. How will I know when you begin to trust me in this therapy process? Can you tell me when you start to feel unsafe in here? You have the right to do so and it is important that you do.

C. Attachment History of Each Partner

1. Previous significant adult relationship, prior relationships
2. Did you resolve arguments? How?
3. What did that look like?
4. Why did you separate, how?
5. How do you deal with strong emotions?
6. What are your typical responses to each other?

D. Parents' Relationship

1. Was their relationship close or distant?
2. How did they express affection?
3. How did your parents fight or disagree?
4. How did they resolve arguments?
5. How did you experience their fights?
6. Did either parent have a history of loss or abuse?
7. How was this dealt with?

E. Loss or Abuse History? How was this dealt with?

1. Emotional
2. Losses
3. Physical Abuse
4. Pornography
5. Sexual Abuse
6. Substance Abuse
7. Trauma

F. Assessing Cycle of Interactions

1. I often react by...
2. My partner often reacts to me by...
3. When my partner reacts this way I often feel...
4. When I feel this way, I see myself as...
5. When I feel this way, I long for or need...
6. When I react the way I do, I guess that my partner feels...
7. Describe your negative cycle...
8. Is there currently or has there ever been physical violence between you when things escalate?

G. Sex Life

1. How is your sex life?
2. How often do you have sex?
3. Who initiates it?
4. Have you had any affairs?
5. Are you having one now?
6. Is there anyone else in your life now?
7. Do you suspect your partner of having an affair?

H. Anything else I should know?