

Attachment History

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Introduction

- An attachment history involves doing a history of each person's experiences in attachment relationships.
- It is particularly important to focus on
 - 1) what people learned about comfort and connection in relationships
 - 2) past traumas and how people adapted
 - 3) how people may have found healing in relationships.

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) Have you ever turn to alcohol, drugs, sex or material things for comfort?

Romantic Attachment Relationships

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

Conflict Styles

- 1) How did your parents handle conflict? Openly, behind closed doors, screaming?
Did they resolve there disagreements or go unresolved? Both?
- 2) How did your parents handle conflict w/you? especially as a teenager?
- 3) How do you handle conflict now? Bully, get quiet, analyze, get emotional?

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