

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# ATTACHMENT QUESTIONNAIRE



This document entails various questions that you might ask your clients during the individual sessions for **Emotionally Focused Couple Therapy**. These are questions that I've had great success at asking clients to better understand their attachment histories and current relationship(s).



1) How would you describe the emotional connection between you and your primary caregiver(s)?

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2) Would you turn to one person specifically for emotional comfort? If so, who?

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3) If you struggled to open up emotionally with your primary caregiver(s), how would you deal with your emotional struggles?

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4) Were there any cultural or racial influences regarding vulnerability in your family?

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4) Was there any significant, or ongoing abuse or neglect, from caregivers?

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# ATTACHMENT QUESTIONNAIRE



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5) What impact did your support system have on you throughout your childhood?

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6) Did anyone, including yourself, struggle with drug, alcohol, or other forms of abuse?

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7) In adult relationships, were there significant struggles with vulnerability?

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8) What would you describe as strengths within the relationship with your partner?

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9) Are there any specific events or factors that have led to distress or distance in the relationship? (*i.e. lack of sex, affairs, porn addiction, work, etc.*)

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10) What is/are the primary goal(s) that you want to focus on in your relationship now?

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