

## EMOTION FOCUSED INITIAL INTERVIEW QUESTIONS

### Attachment History

What did you learn from your family about being emotional and vulnerable?

What do you remember happening when you were little and you were hurt? Who did you turn to?

Could you say you were hurting? What was the response?

Do you remember feeling safe with someone in your family? If yes, who was it and how did you know you were safe?

How did you know when a parent or parental figure was angry?

How did you know when a parental figure was sad or afraid?

Can you talk about someone in your life that you felt you could be vulnerable and open with while growing up?

How did your family deal with and handle loss and/or trauma?

Can you talk about any significant trauma or abuse you dealt with while you were growing up? If it feels unsafe to speak about it...can we talk about why it feels unsafe and how we can create safety for you?

How will I know when you begin to trust me and the therapy process? Can you tell me if you ever start to feel unsafe here?

### Childhood Attachment Relationships

Whom 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?



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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 partner?

Have there been any particularly traumatic incidents in your previous romantic relationships?

How have you tried to find comfort in romantic relationships?



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