

## EFT Attachment History

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

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

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

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

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

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

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

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

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Can you talk about any significant trauma or abuse you dealt with 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?

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

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## Romantic Attachment Relationships

Approximately how many prior romantic relationships have you had?

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Could you always count on these people for comfort?

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When were you most likely to be comforted by this person/these people?

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How did you let this person/these people know that you needed connection and comfort?

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How long did these relationships last? How did they end?

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

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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?

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### **Attachment with Kids/Pets**

What is your connection like with your children or pets?

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Tell me some of the best things about your relationship with your children or pets.

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**Attachment with G-d**

What is your relationship like with G-d/Higher Power?

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Do you turn to G-d/HP and feel S/He responds to you?

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What is it like for you when G-d/HP doesn't seem responsive?

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**Relationship with Self**

If no one was safe, how did you comfort yourself?

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

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**Current Romantic Attach**

Have there been times when you have been able to be vulnerable and find comfort with your partner?

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What do you do when your partner doesn't seem to be there for you?

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