

Attachment History Taking

Did you ever feel rejected or threatened to by your parents?

Did you ever have other experiences that felt overwhelming or traumatizing in your life, during childhood or beyond?

Have there been losses or deaths in your family? How did that impact you at the time?

Do any of these experiences come to your mind regularly now?

In what ways do you experience them influencing your life?

Tell me about how your parents communicated with one another: Silence? Anger? Demeaning words? Manipulation? Honesty? Kindness?

Who had the most power in the family? Always?

What were arguments like? Who argued with whom? Over what?

How did the family communicate when times were tough?

Was it all right to say how you were feeling?

Were people in your family good listeners? How could you tell?

What was discipline like? Who did it? When? How often? How young until how old?

Did it seem fair? Was one child of more disciplined than others?

What was actually said/done?

How did it feel to you when you/your siblings were disciplined?

Was there a lot of hugging and physical affection? From whom? When?

Did your parents show affection in front of you?

If not, how could you tell of a loved one another?

Would you say your family felt warmth toward one another?

Who do you feel close to in your family? Why?

Were some periods of your life warmer than others?

Were there times people in your family felt agitated? When?

What happened at that time?

Did anyone seem to really feel down sometimes? For how long?

How did you feel it in the midst of these experiences?

Did your family have any major disappointments when you were young? How did these affect you?

What did it feel like around the house when these events were happening?

How did your mom/dad handle these experiences?

Who was there when you got home from school?

How was homework managed? Who helped whom? How often? With what subjects? What was the message you received from the help?

What was your experience of school?

Would happen when you brought home report cards?

How was spirituality brought into our life as a child?

The spiritual life seem important to your parents? How could you tell?

How did you feel about God when you were small?

Any experience with church? What was that like?

How has your experience of God changed over time?

How was your health when you were small?

What happened when you were sick?

Were your parents sick very often?

What did getting sick mean to your family?

Outside your family, who were the most important influences in your life?

Were there people who were particularly helpful? Hurtful?

Do these people still feel like an important part of your inner or outer world?

Who are your major resources of support right now?

When there are no people available, what helps you cope with stress and difficulty?

Have you ever been in therapy before?

What was it like for you? How has it helped you-or not?

What do you need-want from this experience?