**EFFT: Attachment history questionnaires for caregivers (parents)**

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**Your experience of “comfort” with your nurturers (parents, grandparents, etc.)**

1. At a younger age (6-10 yrs old), if you were hurt (e.g. you scrapped your knee or someone bullied you), who did you go to for comfort (e.g. mom, dad, … or nobody)? How did they comfort you? Bandage? Hug? Words of comfort? Did this change as you got older?
2. Could you always count on this person/these people to be there for you? Did they ever betray or hurt you or not available to you during critical moments?
3. What did you learn about “comfort” growing up? How did that impact you today in the way you comfort your child?

**Your experience of how your parents (or significant people in your family of origin) handled conflict**

1. Between the ages of 6-10, how did your significant nurturers (e.g. parents) handle conflict?
2. Did you get to observe their conflict? What does it look like? For example, how did they bring up the conflict (soft, reasonable, logical, cry, harsh, attack, contempt, yell, blame, etc.)? How did the partner react when they brought up the complaint (withdraw, avoid, shut down, defend, attack, walk away, cry, etc.)?
3. What did you learn about “conflict” growing up? How did that impact you today in the way you manage conflict with your child?

**Your experience of your own childhood at the age of your identified child**

1. What was your experience like when you were at the age of the identified child (the child that you brought for counselling)?
2. How did you handle conflicts with your caregivers/parents at the same age?
3. What do you imagine is happening in your child’s internal world as you think about the child when you were the same age?
4. At the same age as your child, how would you have wanted to be parented? How would you have wanted to be seen by your caregivers/parents?