**Attachment history questionnaires-Short Version**

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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 moment?
3. What did you learn about “comfort” growing up? How did that impact you today with your own partner?

**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 complain (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 with your own partner?

**Your experience with your past romantic relationships**

1. Was there any other serious romantic partners other than your current partner?
2. If not, skip to the next section. If so, were you able to ask them for comfort? Was it easy or difficult to be vulnerable with them? How would your partner respond to your request for comfort or your vulnerability?

**Your experience with your past traumas and their impact on you.**

Trauma is always the eye of the beholder. What maybe traumatic for one person may be not true for the other. Example of trauma includes: physical abuse, emotional abuse, sexual abuse, neglect, bullying, cheating, affair, losing key people, serious illness, etc. Trauma typically affect our ability to trust people.

1. Did you ever experience any trauma in your life? What were they?
2. How did they impact you personally?
3. How did/do you cope with these traumas?
4. How did the trauma impact your relationship with your own partner?