

Attachment Inventory – Understanding and Making Sense of the Care You/Your Partner Received.

	Name:	Name:
<p>When you were a child and you were injured, who did you go to?</p> <p>Give me a memory....</p>		
<p>When you were a child and you were sick, who took care of you?</p> <p>Give me a memory....</p>		
<p>Who hugged you, kissed you, rocked you, held you as a child?</p> <p>Give me a memory...</p>		
<p>When you were upset as a child, how would your parents respond to you?</p> <p>What if you became angry with him or her?</p> <p>What if you were crying?</p> <p>Give me a memory....</p>		
<p>Which adult played with you, just you when you were a child?</p> <p>What did s/he play with just you?</p>		
<p>Who put you to bed at night?</p> <p>What was the routine?</p> <p>Did s/he sing to you?</p> <p>Read to you?</p> <p>Tuck you in?</p> <p>Talk about your day?</p>		

<p>When you were scared at night, what would you do to comfort yourself?</p> <p>Did you call out for either parent? Would either come to you? Would you go to either parent? Go into their bed?</p> <p>How did both respond to you?</p>		
<p>Did you have any nightmares when you were a child?</p> <p>If so, what were they?</p>		
<p>If you had nightmares, were they recurring?</p> <p>If so, what were they?</p>		
<p>Did anything frightening happen to you that was out of the ordinary when you were a child?</p> <p>If so, what did you do? Whom did you tell?</p>		
<p>When you were a child, what did your parents' marriage look like to you?</p> <p>Were they affectionate with one another? If so, how?</p> <p>Did they fight? If so, who would win?</p> <p>Did you see them apologize to one another?</p>		

<p>Give me 5 adjectives that describe your relationship with your mother when you were a child.</p> <p>Give me a memory that supports that your relationship with your mother was</p>		
<p>Give me 5 adjectives that describe your relationship with your father when you were a child.</p> <p>Give me a memory that supports that your relationship with your father was</p>		
<p>Which parent was best at calming, comforting, soothing you?</p> <p>On a scale of 1-10, one being terrible, ten being terrific, how good was that parent?</p> <p>Give me a memory that shows how s/he was best at calming, comforting and soothing you.</p>		
<p>Did either of your parents get upset easily? If so, how upset?</p> <p>How long did it take for him/her to calm down and recover?</p> <p>What did it take to get him/her to calm down? Were you concerned for yourself or others in your home?</p>		

<p>Did either parent ever apologize to you when you were a child? Something like, "I'm sorry I did that. I was wrong?"</p> <p>If so, what was said and under what circumstances?</p>		
<p>Did either parent ever stick up for you?</p> <p>If so, against whom?</p>		
<p>When you were a child, did either parent cry a lot?</p> <p>If so, did you take care of that parent? Did that parent want you to take care of him/her? Did either parent tell you things you shouldn't have known at your age?</p> <p>Was either parent overwhelmed a lot? Angry a lot? Did either parent appear childish at time?</p>		
<p>Which parent caused you the most hurt? How?</p> <p>When you were a child, did either parent criticize you a lot?</p> <p>If so, did that parent criticize and judge others harshly as well?</p> <p>Was either parent performance oriented? Appearance oriented? Was either parent seem cold and distant?</p>		
<p>What has it been like to answer these questions?</p> <p>Any surprises?</p>		