



TREASURE WELLNESS COUNSELING AND TRAINING CENTER

2176 E. FRANKLIN ROAD, SUITE 100, MERIDIAN, ID 83642

16 – 12TH AVENUE SOUTH, SUITE 110, NAMPA, ID 83651

208-515-7661

WWW.TREASUREWELLNESS.COM

**EMOTIONALLY FOCUSED THERAPY FOR COUPLES
ATTACHMENT AND RELATIONSHIP ASSESSMENT**

Please answer all information as completely as possible. Information will be managed as protected health information. If you need assistance, please ask. Your Counselor will review this information with you.

Client: _____

Date: _____

CHILDHOOD ATTACHMENT RELATIONSHIPS

1. Who did you go to for comfort when you were young? _____

2. Could you always count on this person/these people for comfort? _____

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

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

5. Did this person/these people ever betray you or were they unavailable at critical times? _____

6. What did you learn about comfort and connection from this person/these people? _____

7. If no one was safe, how did you comfort yourself? How did you learn that people were unsafe? _____

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

9. How did your family handle loss and trauma? _____



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ROMANTIC ATTACHMENT RELATIONSHIPS

1. Describe times when you have been able to be vulnerable and find comfort with your partner: _____

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

3. How have you tried to find comfort in romantic relationships? _____
