

## HISTORY AND LIFE QUESTIONS

### **Briefly answer each question**

- Have you ever felt close to anyone in your life?
  
- When growing up, whom did you rely on? Whom did you go to for comfort when you were young?
  
- Could you always count on these people for comfort?
  
- How did you let them know you needed comfort and connection?
  
- Did this person ever betray you or were they unavailable at critical times?
  
- If no one was safe, how did you comfort yourself? (Did you turn to alcohol, drugs, sex, material things?) How did you learn that people were unsafe?
  
- Was it safe to have emotion?
  
- What messages did you get about yourself in these important relationships?
  
- What do you do under stress in terms of approaching or avoiding relationships?
  
- What did they take away from parents in terms of safety, vulnerability, connection?
  
- List any significant relationship events in family of origin: abuse, death, divorce, etc.
  
- Trauma history/ List events
  
- Drug/alcohol/addictions?
  
- Affairs?
  
- Abuse or physical violence in the relationship?
  
- Depression, ADHD, or other mental illness in self or family?

-Who pursues for emotional closeness, physical affection, sex?

-How is the sexual relationship?

-Are you able to repair and reconnect after you have argued?

-How do you know when you are feeling connected or not connected?

-What does feeling connected look like between the two of you?

-Can you turn to your partner when you need to talk about something important? If not, what gets in the way?

-How do you express yourself when feeling alone or hurt? How about when your partner feels this?

-What is the process of a typical fight?

-How do they make up after a fight?

-What is distressing for you?

-How do you initiate contact?

- How do you create distance?

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-If something is very important to you, how do you go about trying to get it?

-Who reaches versus who runs?

-How do you protect yourself in the relationship?

-How do you get your needs met?