

1. To whom did you go 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. Have there been times when you have been able to be vulnerable and find comfort with your partner? \_\_\_\_\_  
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10. Have there been any particularly traumatic incidences in your previous romantic relationships? \_\_\_\_\_  
\_\_\_\_\_
11. How have you tried to find comfort in romantic relationships? \_\_\_\_\_  
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