

EFT Attachment History Inventory

(to be used as a guide not given to client nor followed digitally):

1) Family “rules” of emotional expression/range, vulnerability allowed?: In your Growing up years....

- A.) How did you know when a parent or parental figure was angry?
- B.) How did you know when a parent or parental figure was sad or afraid?
- C.) How did your family deal with and respond to significant loss and/or trauma?
- D.) Big picture, what did you learn from your family growing up about emotion? What were the unspoken “rules” about being emotional and/or vulnerable with feelings?

2) Establish safe attachment figure, assess lessons: comfort, safety, betrayal from att figure:

***E.) What do you remember happening when you were little and you were hurt (either physically or emotionally)? Who did you go to for comfort when you were young, someone you remember feeling safe with (someone in your family if applicable, if not, anyone)?

(Repeat?) F.) Who did you go to, how did they respond and how did you know you were safe?

G.) Could you say you were hurting? What was their response?

***Experiential activity** of “bringing the younger version of them into the room” from the age described on answer E and ask how they feel about that kid, what would they tell them etc.

H.) Could you always count on person, from F above, for comfort?

I.) When and how were you most likely to be comforted by this person/these people?

J.) Specifically, how did you let this person (or these people) know that you needed connection and comfort?

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

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

3) Replacement, Competing Attachments:

M.) If there were times when no one was safe, how did you learn that people were unsafe?

N.) If no one was safe and you couldn't/didn't go to anyone with pain, how did you comfort yourself?

O.) Did you ever turn to alcohol, drugs, sex, excess food, material things, etc. for comfort?

P.) If so, what did these things provide for you?

4) Trauma/rejection effecting vulnerability, self attunement, bonding ability:

Q.) Can you talk about any significant trauma or abuse you dealt with growing up? (If it feels unsafe to speak about it...can we talk about why it feels unsafe and how we can create safety for you?)

R.) What were your hardest experiences with rejection from others before marriage?

(to the current)....

5) Current Relational Trust and Therapeutic Alliance Indicator(s):

S.) In new relationships in your current life (maybe even one like our therapeutic one), how do you know when you can begin to trust?

T.) What is the most important thing you look for/need from me/ in this therapy process – particularly when it gets difficult- to really be open and safe? (Request overt notification if there is anything that feels unsafe in therapy process).