

ADULT ATTACHMENT INVENTORY

Our early relationship with our caregivers creates a blueprint for how we navigate our adult relationships. The following questions can be helpful in exploring the impact of our childhood relationships on our adult selves. Please take some time to answer the following questions. I invite you to write them or type them out so that we can explore these together in our sessions.

1. Give a bit of background to your early family situation, where you lived and so on. Where were you born, did you much around much, what your family did for a living.
2. Who were your primary caregivers (parents, grandparents etc.)? If not your parents, how come others were primary?
3. Were there other significant adults in your life? If so, how come?
4. What is your first memory and how old were you?
5. Describe your relationship with your parents as a young child – start back as far as you can remember.
6. Choose five adjectives/words that reflect your relationship with your mother starting in early childhood as far back as you can remember. Why did you choose them?
7. To which parent did you feel closest and why? Why isn't there this feeling with the other parent?
8. When you were upset as a child what would you do?
 - When you were emotionally upset when little, what would you do? Can you think of a specific time that something happened?
 - What would happen when you were physically hurt? Do any incidents come to mind?
 - What would happen when you were ill? Do any incidents come to mind?
9. Do you remember being held by parents or primary caregivers when you were upset, hurt or ill?
10. What is the first time you remember being separated from your parents? Do you remember how you responded or how your parents responded?
11. Are there any other separations that stand out in your mind?
12. Did you ever feel rejected by your parents as a young child? If so, how old were you when you first felt this way and what did you do? And if so, why do you think your parents rejected you – do you think s/he realized s/he was rejecting you?
13. Were your parents ever threatening with you in any way – maybe for discipline or even jokingly? Some people have memories of threats and or some kind of behavior that was abusive.
 - Did anything like this ever happen to you or in your family?
 - How old were you at the time? Did it happen frequently?
 - Do you feel this experience affects you now as an adult?

- Does it influence your approach to your own child?
 - Did you have any such experiences involving people outside your family?
14. In general, how do you think your overall experiences with your parents have affected your adult personality? Are there any aspects to your early experiences that you feel were a setback in your development or had a negative effect on the way you turned out?
15. Why do you think your parents behaved as they did during your childhood?
16. Did you experience the loss of a parent or other close loved one while you were a young child (e.g. a sibling, close family member or friend)?
- How old were you at the time?
 - How did you respond at the time?
 - Was the death sudden or was it expected?
 - Can you recall your feelings at that time?
 - Have your feelings regarding this death changed much over time?
 - Did you attend the funeral...if so, what was it like for you?
 - If loss of a parent or sibling, what would you say was the effect on your other parent and on your household? How did this change over the years?
 - Would you say this loss had an effect on your adult personality?
 - If relevant, how does it affect your approach to your own child?
17. Did you lose any other important people in your childhood (same inquiries)?
18. Have you anyone else in your adult years (same inquiries)
19. Were there many changes in your relationship with your parent(s) after childhood up to now?
20. What is your relationship with your parent(s) like for you now as an adult?
21. If you had three wishes for your child 20 years from now, what would they be? What kind of future would you like to see for your child?
22. Is there any wisdom you feel you have gained from your own childhood experiences?
23. What else is important for me to know about the relationships your formed in your childhood?