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LMA

EFT ATTACHMENT QUESTIONNAIRE



LIFE MANAGEMENT ASSOCIATES, LLC

EFT ATTACHMENT QUESTIONNAIRE

To whom did you go for comfort when you were young?

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

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

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

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

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



LIFE MANAGEMENT ASSOCIATES, LLC

EFT ATTACHMENT QUESTIONNAIRE

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

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

Have there been times when you have been able to be vulnerable and find comfort with your partner?

Have there been any particular traumatic incidents in your previous romantic relationships?

How have you tried to find comfort in romantic relationships?

Any other thoughts?