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ATTACHMENT HISTORY

How did you meet?

How long have you been together?

What attracted you to your partner (Goals to get back to)?

What was it like in your relationship early on/in the beginning?

What is your relationship like when things are going well?

How do you resolve things after a fight?

Who initiates closeness and/or sex in the relationship?

When do you confide in each other? Ever?

Why therapy?

Why now?

What are you seeking?

What are your goals?

Be able to trust again / More intimate relationship / Improved communication – you want to be heard and understood / Fewer fights / Understanding of why fight / Working toward decreasing aversive communication

Others?

Cycle information:

Which of you gets fed up and leaves?

And what do you do?

What do you do when back together?

How do you treat each other the next day?

Who puts out the white flag?

Do you talk about what happened or do you sweep it under the rug?

How long before you feel emotionally connected? (if never – like roommates?)

Attachment History

- 1) As a child where did you go for comfort?
- 2) What is your first memory of your mother?
- 3) What is your first memory of your father?
- 4) What did you see in your parent's relationship?