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PARTNER QUESTIONS: ATTACHMENT EDITION

What was it like being in your family when you were a child?

Who took care of your basic needs in childhood?

How much time did you spend alone in childhood?

How would you describe the relationship you had with each parent when you were growing up?

Did anything change or impact those relationships?

How would you describe the communication style in your family?

How did your parents tend to deal with their feelings with each other?

How did your parents respond to you when you were sad, angry or worried in childhood?

What kinds of things would you get into trouble for, and how would your parents respond?

How much physical affection from your parents did you experience in childhood?

When you were upset in childhood, what would you do to deal with it?

When you felt misunderstood, rejected, ignored or overwhelmed in childhood, how would you deal with it?

Did you have any separations from your parents in childhood that were impactful?
(Divorce, extended trips, camps, etc)

Were your parents ever threatening with you in any way - maybe for discipline, or even jokingly?

Is there any particular thing which you feel you learned above all from your own childhood experience?

Did you lose any parents or close family or others in childhood or early adulthood?

In general, how do you think your overall experiences with your parents have affected your adult personality?