# Therapy-on-Sea

## Some therapist actions when working with attachment and couples.

To work as part of a session on both.

Encourage them to speak on what they know on the other using the following questioning framework.

1. To help give me some understanding, could you give me an idea of who was in your immediate family and where you lived.
2. If I was to ask you to close your eyes, can you think back to your earliest memories. Can you describe your relationship with your parents or caregiver(s)?
3. What memory or phrase comes to mind?
4. What parent or caregiver did you feel closest to and why?
5. When you were upset as a child, what would you do and who would you go to?
6. Can you remember and describe your first separation from your parent(s) or caregiver(s)?
7. Did you ever feel rejected as a child?
8. How were you disciplined as a child?
9. How do think your early childhood experiences have affected you in adulthood?
10. Do you have any theories on why your parents behaved the way that they did?
11. What do you know about their upbringing?
12. What does your partner not know about your childhood and upbringing?

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