

**The following questions are designed for self-reflection, guiding you to think about your life experiences. Write responses to each of the following questions. Your responses can be as long or as short as you like.**

***Childhood Experiences***

1. What was it like growing up in your family?
2. What was your relationship like with each of your parents when you were growing up? Try to think back to your early years, before the age of seven.
3. Did you feel safe, seen and soothed by your parents?
4. Have you ever felt threatened by your parents?
5. Have you ever felt rejected by your parents?

***Romantic Relationship***

1. What was the relationship like between your parents (or between your parent and another romantic partner)?
2. What has your pattern been in relationships? What type of romantic partners have you chosen in the past?
3. What happens to your social life, interests and personal goals when you get into a relationship?
4. Can you identify aspects of your relationship (with a current or previous partner) that may be a fantasy bond?
5. What would you wish for yourself in future relationships?
6. Are there factors from your past that are restricting you in the present and limiting who you can be in the future?
7. What do you see as the things you’d like to change in yourself, so that you can become freed up to be the person you would like to be in the future?