ADULT ATTACHMENT INTERVIEW

I am going to be interviewing you about your childhood experiences, and how those experiences may have affected your adult personality. So, I'd like to ask you about your early relationships with your family, and how you think about the way it might have affected you. We'll focus mainly on your childhood before the age of 14 years old, but later we'll get on to your adolescence and then to whatever is going on right now. This interview often takes about an hour, but it could take anywhere between 45 minutes and an hour and a half.

1. Could you start by orienting me to your early family situation, where you lived, how many siblings you have, who were your primary caregivers, whether you moved around much, what your family did for a living at various times - things of that nature. Could you start with where you were born? Probes - Were there others in your household? Did you see your grandparents much? Who raised you?

2. I'd like you to try to describe your relationship with your parents as a young child. If you could start from as far back as you can remember up until around 12 years of age. Probe - Can you give me a specific example?

3. I'd like you to choose five adjectives that reflect your childhood relationship with your mother up until the age of 12 years. This might take some time and then I'm going to ask you to give examples to show why you chose those adjectives.

4. I'd like you to choose five adjectives that reflect your childhood relationship with your father up until the age of 12 years. Can you give an example for each one.

5. To which parent did you feel closest as a child and why? Why isn't there this feeling with the other parent?

6. When you were upset as a child, what would you do? When you were emotionally upset? When you were physically hurt? Were you held by either parent when you were upset? - $10$

7. What is the first time you remember being separated from your parents? How did you and they respond? Are there any other separations that stand out in your mind?
8. Did you ever feel rejected by your parents or others as a young child? Of course, looking back on it now, you may realize that it wasn’t really rejection, but what I’m trying to ask about here is whether you remember ever having felt rejected in childhood. How old were you and what did you do? Did you ever feel pushed away or ignored? Were you ever frightened or worried as a child?

9. Were you ever threatened by your parents or others as a child? How old were you? Does it affect you now as an adult?

10. In general, how do you think your overall experiences with your parents have affected your adult personality? Are there aspects of your early experiences that you feel were a set-back in your development?

11. Why do you think your parents behaved as they did during your childhood?

12. Were there any other adults with whom you were close as a child, who were like parents? Were there any other adults that were especially important to you?

13. Did you experience the loss of a parent or other close loved one while you were a young child? Were there any other losses that you experienced up until the present? How old were you when these losses occurred? How did you respond? Did you go to the funeral? What did you do with your feelings? Has it affected your adult personality?

14. Were there any experiences that were potentially traumatic or overwhelming and immediately terrifying in your past life? Could you start with the earliest memories until the present?

15. Have there been many changes in your relationship with your parents since childhood? I mean from childhood through until the present?

16. What is your relationship with your parents like for you now as an adult?

17. How do you respond now in terms of feelings, when you separate from your child? Are you worried about your child?
18. If you had three wishes for your child twenty years from now, what would they be? I'm looking partly of the kind of future you would like to see for your child.

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

20. What would you hope your children might learn from his/her experiences of being parented by you?

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