

Name: _____

Date: _____



Patricia Lavelle
— PSYCHOLOGIST —

Comfort & Safety Questionnaire

1. To whom did you go for comfort when you were young?
2. Could you always count on this person/these people for comfort?
3. When were you most likely to be comforted by this person/these people?
4. How did you let this person/these people know that you needed connection and comfort?
5. Did this person/these people ever betray you or were they unavailable at critical times?
6. What did you learn about comfort and connection from this person/these people?
7. If no-one was safe, how did you comfort yourself? How did you learn that people were unsafe?
8. Did you ever turn to alcohol, drugs, sex or material things for comfort?
9. Have there been times when you have been able to be vulnerable and find comfort with your partner?
10. Have there been any particularly traumatic incidences in your previous romantic relationships?
11. How have you tried to find comfort in romantic relationships?