

**Attachment and Culture/race related Interview Questions
(number of questions taken from the Adult Attachment Interview)
Follow up Questions encouraged!!**

Paul T. Guillory, PhD

I'm going to be asking you questions about your experiences growing up in your family as well as about your current life. These experiences may have affected your adult relationships, and will be helpful to this therapy. Relationship research has shown that these topics are important to understand your development, life stressors, and adult relationship satisfaction. So, I'd like to start by asking you about your early relationships with your family and explore particular events.

1. Could you start by helping me get oriented to your early family situation, and where you live and so on? If you could tell me where you were born, who raised you, and whether you moved around much, and what your family did at various times for a living?
2. I'd like you to describe your relationship with your parents, if you could start from as far back as you can remember?
3. Now I'd like to ask you to choose three adjectives or words that reflect/describe your relationship with your mother starting from as far back as you can remember ... as early as you can go. This may take a bit of time ... then I'd like to ask you why you chose them.
 - ✓ Okay, you say the relationship with her was (used his/her phrase), are there any memories or incidents that come to mind with respect to (word).
4. Now I'd have you do the same for your father.
5. I wonder if you could tell me, to which parent did you feel the closest, 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 **upset emotionally**, when you were little, what would you do? Can you think of specific time that happen?
 - ✓ Can you remember what would happen when you were **hurt, physically**? Again, do any specific incidents (or, do any other incidents) come to mind?
 - ✓ Were you ever **ill** when you were little? Do you remember what would happen

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7. Did you ever feel rejected as a child? Of course, looking back on it now, you may think differently, but what I'm trying to ask about here is whether you remember ever having been rejected in anyway.
 - ✓ How old were you when you felt his way, and what did you do?
 - ✓ Why do you think your parent/people did those things ... do you think he/she realized he/she was rejecting you?
8. Were your parents ever threatening to you in any way – maybe for discipline, or even jokingly?
 - ✓ What happen?
 - ✓ What did you do?
 - ✓ How did the situation get resolved?
9. Is there any particular thing that you feel you learned that is important to understand you that comes from your own childhood experiences or life as an adult? I'm thinking here of something you feel you might have gained from the kind of childhood you have had or life you have that have had?
10. In general, how do you think your overall experiences with your parents have affected your adult personality?
 - Are there any aspects to your early experiences that you feel were a set-back in your development?
11. Do you strongly identify with a cultural/racial group? Follow, yes, with ... What does that mean to you? What has been your stance, if any, toward other races/cultures?
12. Has there been anyway your race/culture been a challenge to your view of self? Or, a challenge to your view of others in your culture/race?
13. Do you think racism or discrimination impacted your parents' lives in any way? Has racism or discrimination impact your life in any particular way?
14. Given how negative the majority culture can be toward black Americans, as a black Man/Woman did you get any particular message about black men/boys growing up?
15. (same as 14 just shift gender) Did you get any particular message about the women/girls growing up?

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16. Did you strongly identify with any religious faith as a child? What roles has it played in your life? Now?
17. Are you involved in some way in the Black community?

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