Relationship Inventory

1. Name of partner	2. What is/was the relationship like? What recurrent patterns can you recall?	3. Situation that triggered activation or deactivation of attachment system	4. My reaction (thoughts, feelings, actions)	5. Insecure attachment working models and principles	6. How I lose out by succumbing to these working models/ principles	7. Identify a secure role model who is relevant to this situation *and* secure principles to adopt. How is s/he relevant?