

# Relationship History

**Describe your first significant relationship**

**Your age:**

**Dynamics in the relationship:**

**How and why it ended:**

Attachment Style:

Secure  Anxious-preoccupied  Dismissive-Avoidant  Fearful-Avoidant

Relationship Style:

Independent  Co-Dependent  Interdependent

**Describe your 2nd significant relationship**

**Your age:**

**Dynamics in the relationship:**

**How and why it ended:**

Attachment Style:

Secure  Anxious-preoccupied  Dismissive-Avoidant  Fearful-Avoidant

Relationship Style:

Independent  Co-Dependent  Interdependent

**Describe your 3rd significant relationship**

**Your age:**

**Dynamics in the relationship:**

**How and why it ended:**

**Attachment Style:**

**Secure**  **Anxious-preoccupied**  **Dismissive-Avoidant**  **Fearful-Avoidant**

**Relationship Style:**

**Independent**  **Co-Dependent**  **Interdependent**