

QUARTERLY STATEMENT

AS OF JUNE 30, 2006

OF THE CONDITION AND AFFAIRS OF THE

METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

NAIC Group Code: 0241 0241 NAIC Company Code: 80950 Employer's ID Number: 06-0904249
 (Current) (Prior)

Organized under the Laws of: Connecticut State of Domicile or Port of Entry: Connecticut

Country of Domicile: United States of America

Incorporated/Organized: December 5, 1973 Commenced Business: December 21, 1973

Statutory Home Office: One Cityplace Hartford, CT 06103-3415
 (Street and Number) (City or Town, State and Zip Code)

Main Administrative Office: One Cityplace
 (Street and Number)
Hartford, CT 06103-3415 860-308-1000
 (City or Town, State and Zip Code) (Area Code) (Telephone Number)

Mail Address: 18210 Crane Nest Drive, 3rd Floor Tampa, FL 33647
 (Street and Number or P.O. Box) (City or Town, State and Zip Code)

Primary Location of Books and Records: 18210 Crane Nest Drive, 3rd Floor
 (Street and Number)
Tampa, FL 33647 813-983-4100
 (City or Town, State and Zip Code) (Area Code) (Telephone Number)

Internet Website Address: www.metlife.com

Statutory Statement Contact: John Joseph Iwanicki 813-983-4100
 (Name) (Area Code) (Telephone Number)
jiwanicki@metlife.com 813-983-4404
 (E-mail Address) (FAX Number)

Policyowner Relations Contact: One Cityplace
 (Street and Number)
Hartford, CT 06103-3415 860-308-6253
 (City or Town, State and Zip Code) (Area Code) (Telephone Number)

OFFICERS

Executive Vice-President
and Chief Investment
Officer

President MICHAEL KEVIN FARRELL#

STEVEN ALBERT KANDARIAN

Executive Vice-President
and Chief Financial Officer

Executive Vice-President
and General Counsel JAMES LOUIS LIPSCOMB

STANLEY JEFFREY TALB#

GWENN LOUISE CARR
Senior Vice-President and Secretary

JOSEPH JOHN PROCHASKA, JR.#
Executive Vice-President and Chief Accounting Officer

ANTHONY JAMES WILLIAMSON
Senior Vice-President and Treasurer

ROBERTO nmn BARON
Vice-President and Senior Actuary

DIRECTORS

MICHAEL KEVIN FARRELL#

LELAND CONVIS LAUNER, JR.

LISA MERRY WEBER

State of New York SS:
County of Queens

The officers of this reporting entity being duly sworn, each depose and say that they are the described officers of said reporting entity, and that on the reporting period stated above, all of the herein described assets were the absolute property of the said reporting entity, free and clear from any liens or claims thereon, except as herein stated, and that this statement, together with related exhibits, schedules and explanations therein contained, annexed or referred to, is a full and true statement of all the assets and liabilities and of the condition and affairs of the said reporting entity as of the reporting period stated above, and of its income and deductions there from for the period ended, and have been completed in accordance with the NAIC Quarterly Statement Instructions and Accounting Practices and Procedures manual except to the extent that: (1) state law may differ; or, (2) that state rules or regulations require differences in reporting not related to accounting practices and procedures, according to the best of their information, knowledge and belief, respectively. Furthermore, the scope of this attestation by the described officers also includes the related corresponding electronic filing with the NAIC, when required, that is an exact copy (except for formatting differences due to electronic filing) of the enclosed statement. The electronic filing may be requested by various regulators in lieu of or in addition to the enclosed statement.

.....
GWENN LOUISE CARR
Senior Vice-President and Secretary

.....
JOSEPH JOHN PROCHASKA, JR.#
Executive Vice-President and Chief Accounting
Officer

.....
STANLEY JEFFREY TALB#
Executive Vice-President and Chief Financial
Officer

Subscribed and sworn to before me this
 _____ day of _____, 2006

- a. Is this an original filing? Yes [X] No []
 b. If no,
 1. State the amendment number
 2. Date filed
 3. Number of pages attached

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

ASSETS

	Current Statement Date			4 December 31 Prior Year Net Admitted Assets
	1 Assets	2 Nonadmitted Assets	3 Net Admitted Assets (Cols. 1 - 2)	
1. Bonds	3,132,912,953		3,132,912,953	3,146,457,091
2. Stocks:				
2.1 Preferred stocks	3,694,105		3,694,105	3,693,279
2.2 Common stocks	2,885,161		2,885,161	549,269
3. Mortgage loans on real estate:				
3.1 First liens	186,649,941		186,649,941	195,310,077
3.2 Other than first liens				
4. Real estate:				
4.1 Properties occupied by the company (less \$ encumbrances)				
4.2 Properties held for the production of income (less \$0 encumbrances)	1,541		1,541	1,541
4.3 Properties held for sale (less \$ encumbrances)				
5. Cash (\$107,096,030), cash equivalents (\$0) and short-term investments (\$77,583,135)	184,679,165		184,679,165	154,567,313
6. Contract loans, (including \$0 premium notes)	47,768,745		47,768,745	37,477,680
7. Other invested assets	160,475,506	4,317,885	156,157,621	70,187,274
8. Receivables for securities	6,774,286		6,774,286	2,166,024
9. Aggregate write-ins for invested assets	104,113,445		104,113,445	146,701,729
10. Subtotals, cash and invested assets (Lines 1 to 9)	3,829,954,848	4,317,885	3,825,636,963	3,757,111,277
11. Title plants less \$ charged off (for Title insurers only)				
12. Investment income due and accrued	37,439,148		37,439,148	36,546,249
13. Premiums and considerations:				
13.1 Uncollected premiums and agents' balances in the course of collection	2,641,677	2,018,922	622,755	710,490
13.2 Deferred premiums, agents' balances and installments booked but deferred and not yet due (including \$0 earned but unbilled premiums)	11,595,529		11,595,529	12,102,550
13.3 Accrued retrospective premiums				
14. Reinsurance:				
14.1 Amounts recoverable from reinsurers	59,112,348		59,112,348	53,261,674
14.2 Funds held by or deposited with reinsured companies				
14.3 Other amounts receivable under reinsurance contracts	9,225,393		9,225,393	5,523,909
15. Amounts receivable relating to uninsured plans				
16.1 Current federal and foreign income tax recoverable and interest thereon	11,211,466		11,211,466	36,488,251
16.2 Net deferred tax asset	534,367,893	496,363,271	38,004,622	38,050,647
17. Guaranty funds receivable or on deposit	720,125		720,125	720,126
18. Electronic data processing equipment and software				
19. Furniture and equipment, including health care delivery assets (\$)				
20. Net adjustment in assets and liabilities due to foreign exchange rates				
21. Receivables from parent, subsidiaries and affiliates	53,603,978		53,603,978	19,127,241
22. Health care (\$) and other amounts receivable				
23. Aggregate write-ins for other than invested assets	17,246,265		17,246,265	11,685,925
24. Total assets excluding Separate Accounts, Segregated Accounts and Protected Cell Accounts (Lines 10 to 23)	4,567,118,670	502,700,078	4,064,418,592	3,971,328,338
25. From Separate Accounts, Segregated Accounts and Protected Cell Accounts	15,068,113,431		15,068,113,431	15,457,746,452
26. Total (Lines 24 and 25)	19,635,232,101	502,700,078	19,132,532,023	19,429,074,790
DETAILS OF WRITE-INS				
0901. Derivative instruments	103,705,642		103,705,642	146,701,729
0902. Deposits in connection with investments	407,803		407,803	0
0903.				
0998. Summary of remaining write-ins for Line 9 from overflow page				
0999. Totals (Lines 0901 through 0903 plus 0998)(Line 9 above)	104,113,445		104,113,445	146,701,729
2301. Other assets	17,246,265		17,246,265	11,685,925
2302.				
2303.				
2398. Summary of remaining write-ins for Line 23 from overflow page				
2399. Totals (Lines 2301 through 2303 plus 2398)(Line 23 above)	17,246,265		17,246,265	11,685,925

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT
LIABILITIES, SURPLUS AND OTHER FUNDS

	1 Current Statement Date	2 December 31 Prior Year
1. Aggregate reserve for life contracts \$3,606,084,604 less \$0 included in Line 6.3 (including \$0 Modco Reserve)	3,606,084,604	3,488,880,981
2. Aggregate reserve for accident and health contracts (including \$ Modco Reserve)		
3. Liability for deposit-type contracts (including \$0 Modco Reserve)	29,990,153	32,123,314
4. Contract claims:		
4.1 Life	14,895,033	24,014,133
4.2 Accident and health		
5. Policyholders' dividends \$ and coupons \$ due and unpaid		
6. Provision for policyholders' dividends and coupons payable in following calendar year - estimated amounts:		
6.1 Dividends apportioned for payment (including \$ Modco)		
6.2 Dividends not yet apportioned (including \$ Modco)		
6.3 Coupons and similar benefits (including \$ Modco)		
7. Amount provisionally held for deferred dividend policies not included in Line 6		
8. Premiums and annuity considerations for life and accident and health contracts received in advance less \$0 discount; including \$0 accident and health premiums	373,906	284,826
9. Contract liabilities not included elsewhere:		
9.1 Surrender values on canceled contracts		
9.2 Provision for experience rating refunds, including \$ accident and health experience rating refunds		
9.3 Other amounts payable on reinsurance, including \$0 assumed and \$39,083,113 ceded	39,083,113	44,852,389
9.4 Interest Maintenance Reserve	8,637,553	16,413,734
10. Commissions to agents due or accrued-life and annuity contracts \$146,578, accident and health \$0 and deposit-type contract funds \$0	146,578	2,348,964
11. Commissions and expense allowances payable on reinsurance assumed		
12. General expenses due or accrued	7,072,047	8,831,312
13. Transfers to Separate Accounts due or accrued (net) (including \$(338,652,471) accrued for expense allowances recognized in reserves, net of reinsured allowances)	(340,879,314)	(365,705,406)
14. Taxes, licenses and fees due or accrued, excluding federal income taxes	(1,568,586)	1,661,434
15.1 Current federal and foreign income taxes, including \$ on realized capital gains (losses)		
15.2 Net deferred tax liability		
16. Unearned investment income	1,281,375	1,122,234
17. Amounts withheld or retained by company as agent or trustee	904,195	(758,326)
18. Amounts held for agents' account, including \$ agents' credit balances		
19. Remittances and items not allocated	321,341	(9,032,857)
20. Net adjustment in assets and liabilities due to foreign exchange rates		
21. Liability for benefits for employees and agents if not included above	20,429,213	20,057,261
22. Borrowed money \$ and interest thereon \$		
23. Dividends to stockholders declared and unpaid		
24. Miscellaneous liabilities:		
24.1 Asset valuation reserve	14,551,549	14,814,516
24.2 Reinsurance in unauthorized companies	21,015,143	0
24.3 Funds held under reinsurance treaties with unauthorized reinsurers		
24.4 Payable to parent, subsidiaries and affiliates	3,860,440	2,059,453
24.5 Drafts outstanding		
24.6 Liability for amounts held under uninsured plans		
24.7 Funds held under coinsurance		
24.8 Payable for securities	48,903,250	42,431,405
24.9 Capital notes \$ and interest thereon \$		
25. Aggregate write-ins for liabilities	123,352,912	113,381,011
26. Total liabilities excluding Separate Accounts business (Lines 1 to 25)	3,598,454,505	3,437,780,378
27. From Separate Accounts Statement	14,812,822,986	15,208,917,110
28. Total liabilities (Lines 26 and 27)	18,411,277,491	18,646,697,488
29. Common capital stock	3,000,000	3,000,000
30. Preferred capital stock		
31. Aggregate write-ins for other than special surplus funds		
32. Surplus notes		
33. Gross paid in and contributed surplus	891,132,554	891,132,554
34. Aggregate write-ins for special surplus funds	251,244,103	253,375,891
35. Unassigned funds (surplus)	(424,122,125)	(365,131,143)
36. Less treasury stock, at cost:		
36.1 shares common (value included in Line 29 \$)		
36.2 shares preferred (value included in Line 30 \$)		
37. Surplus (Total Lines 31+32+33+34+35-36) (including \$255,290,445 in Separate Accounts Statement)	718,254,532	779,377,303
38. Totals of Lines 29, 30 and 37	721,254,532	782,377,303
39. Totals of Lines 28 and 38	19,132,532,023	19,429,074,790
DETAILS OF WRITE-INS		
2501. Cash collateral on derivatives	102,948,785	107,958,784
2502. Derivative liabilities	20,404,127	5,421,527
2503. Other liabilities	0	700
2598. Summary of remaining write-ins for Line 25 from overflow page		
2599. Totals (Lines 2501 through 2503 plus 2598)(Line 25 above)	123,352,912	113,381,011
3101.		
3102.		
3103.		
3198. Summary of remaining write-ins for Line 31 from overflow page		
3199. Totals (Lines 3101 through 3103 plus 3198)(Line 31 above)		
3401. Surplus as a result of reinsurance	251,244,103	253,375,891
3402.		
3403.		
3498. Summary of remaining write-ins for Line 34 from overflow page		
3499. Totals (Lines 3401 through 3403 plus 3498)(Line 34 above)	251,244,103	253,375,891

SUMMARY OF OPERATIONS

	1 Current Year To Date	2 Prior Year To Date	3 Prior Year Ended December 31
1. Premiums and annuity considerations for life and accident and health contracts	515,110,626	1,133,113,983	1,967,307,502
2. Considerations for supplementary contracts with life contingencies			
3. Net investment income	101,937,053	102,530,834	185,843,380
4. Amortization of Interest Maintenance Reserve (IMR)	398,739	788,381	1,527,822
5. Separate Accounts net gain from operations excluding unrealized gains or losses	6,461,103	46,101,589	47,850,525
6. Commissions and expense allowances on reinsurance ceded	4,715,876	3,784,640	14,199,521
7. Reserve adjustments on reinsurance ceded			
8. Miscellaneous Income:			
8.1 Income from fees associated with investment management, administration and contract guarantees from Separate Accounts	121,814,577	113,977,648	238,070,115
8.2 Charges and fees for deposit-type contracts	0	89,695	61,790
8.3 Aggregate write-ins for miscellaneous income	31,158,889	23,640,528	48,345,582
9. Totals (Lines 1 to 8.3)	781,596,863	1,424,027,298	2,503,206,237
10. Death benefits	19,136,618	16,777,622	39,778,522
11. Matured endowments (excluding guaranteed annual pure endowments)			
12. Annuity benefits	151,323,496	133,135,814	266,721,345
13. Disability benefits and benefits under accident and health contracts	3,027	2,614	5,270
14. Coupons, guaranteed annual pure endowments and similar benefits			
15. Surrender benefits and withdrawals for life contracts	897,545,952	703,106,340	1,503,084,708
16. Group conversions			
17. Interest and adjustments on contract or deposit-type contract funds	4,483,867	1,765,059	5,121,784
18. Payments on supplementary contracts with life contingencies	156,757	36,488	81,058
19. Increase in aggregate reserves for life and accident and health and contracts	37,703,623	335,053,959	546,118,484
20. Totals (Lines 10 to 19)	1,110,353,340	1,189,877,896	2,360,911,171
21. Commissions on premiums, annuity considerations, and deposit-type contract funds (direct business only)	109,001,156	184,365,298	344,937,432
22. Commissions and expense allowances on reinsurance assumed			
23. General insurance expenses	32,089,614	47,279,973	89,452,256
24. Insurance taxes, licenses and fees, excluding federal income taxes	7,736,215	12,617,101	22,714,312
25. Increase in loading on deferred and uncollected premiums	(513,446)	0	906,975
26. Net transfers to or (from) Separate Accounts net of reinsurance	(589,696,094)	(35,949,643)	(255,789,040)
27. Aggregate write-ins for deductions			
28. Totals (Lines 20 to 27)	668,970,785	1,398,190,625	2,563,133,106
29. Net gain from operations before dividends to policyholders and federal income taxes (Line 9 minus Line 28)	112,626,078	25,836,673	(59,926,869)
30. Dividends to policyholders			
31. Net gain from operations after dividends to policyholders and before federal income taxes (Line 29 minus Line 30)	112,626,078	25,836,673	(59,926,869)
32. Federal and foreign income taxes incurred (excluding tax on capital gains)	8,314,886	52,424,020	35,537,641
33. Net gain from operations after dividends to policyholders and federal income taxes and before realized capital gains or (losses) (Line 31 minus Line 32)	104,311,192	(26,587,347)	(95,464,510)
34. Net realized capital gains (losses) (excluding gains (losses) transferred to the IMR) less capital gains tax of \$ 3,972,468 (excluding taxes of \$ (3,972,468) transferred to the IMR)	(11,206,905)	11,501,946	15,369,385
35. Net income (Line 33 plus Line 34)	93,104,287	(15,085,401)	(80,095,125)
CAPITAL AND SURPLUS ACCOUNT			
36. Capital and surplus, December 31, prior year	782,377,303	942,400,995	942,400,995
37. Net income (Line 35)	93,104,287	(15,085,401)	(80,095,125)
38. Change in net unrealized capital gains (losses)	(22,810,448)	(1,579,248)	12,285,347
39. Change in net unrealized foreign exchange capital gain (loss)			
40. Change in net deferred income tax	(16,252,514)	41,903,129	300,197,524
41. Change in non-admitted assets and related items	4,632,312	(34,063,529)	(280,692,177)
42. Change in liability for reinsurance in unauthorized companies	(21,015,143)	0	0
43. Change in reserve on account of change in valuation basis, (increase) or decrease	(79,500,000)	0	(151,000,000)
44. Change in asset valuation reserve	262,968	(9,355,130)	44,549,007
45. Change in treasury stock			
46. Surplus (contributed to) withdrawn from Separate Accounts during period	0	7,177,924	7,177,924
47. Other changes in surplus in Separate Accounts Statement	0	(6,709,166)	(6,709,166)
48. Change in surplus notes			
49. Cumulative effect of changes in accounting principles	0	0	(4,828,730)
50. Capital changes:			
50.1 Paid in			
50.2 Transferred from surplus (Stock Dividend)			
50.3 Transferred to surplus			
51. Surplus adjustment:			
51.1 Paid in	0	4,821,355	4,821,355
51.2 Transferred to capital (Stock Dividend)			
51.3 Transferred from capital			
51.4 Change in surplus as a result of reinsurance	(2,131,788)	0	(5,729,650)
52. Dividends to stockholders			
53. Aggregate write-ins for gains and losses in surplus	(17,412,445)	0	0
54. Net change in capital and surplus for the year (Lines 37 through 53)	(61,122,771)	(12,890,066)	(160,023,692)
55. Capital and surplus, as of statement date (Lines 36 + 54)	721,254,532	929,510,929	782,377,303
DETAILS OF WRITE-INS			
08.301. Management and service fee income	18,040,769	12,850,040	24,457,747
08.302. Contract surrender charges	11,921,867	11,814,513	23,265,485
08.303. Miscellaneous income (net)	1,196,253	(1,024,025)	622,350
08.398. Summary of remaining write-ins for Line 8.3 from overflow page			
08.399. Totals (Lines 08.301 through 08.303 plus 08.398) (Line 8.3 above)	31,158,889	23,640,528	48,345,582
2701.			
2702.			
2703.			
2798. Summary of remaining write-ins for Line 27 from overflow page			
2799. Totals (Lines 2701 through 2703 plus 2798)(Line 27 above)			
5301. Prior period adjustments - change in deferred taxes	17,412,445	0	0
5302. Prior period adjustments - change in non-admitted assets	(17,412,445)	0	0
5303. Prior period adjustments - capital loss carry back	(17,412,445)	0	0
5398. Summary of remaining write-ins for Line 53 from overflow page			
5399. Totals (Lines 5301 through 5303 plus 5398)(Line 53 above)	(17,412,445)	0	0

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT
CASH FLOW

	1 Current Year To Date	2 Prior Year Ended December 31
Cash from Operations		
1. Premiums collected net of reinsurance	506,821,249	1,998,641,739
2. Net investment income	92,273,021	167,119,628
3. Miscellaneous income	155,463,381	301,635,493
4. Total (Lines 1 to 3)	754,557,651	2,467,396,860
5. Benefit and loss related payments	1,102,207,676	1,812,620,589
6. Net transfers to Separate, Segregated Accounts and Protected Cell Accounts	(614,522,186)	(347,988,218)
7. Commissions, expenses paid and aggregate write-ins for deductions	155,454,022	483,445,363
8. Dividends paid to policyholders		
9. Federal and foreign income taxes paid (recovered) \$ 450,546 net of tax on capital gains (losses)	450,546	318,241,384
10. Total (Lines 5 through 9)	643,590,058	2,266,319,118
11. Net cash from operations (Line 4 minus Line 10)	110,967,593	201,077,742
Cash from Investments		
12. Proceeds from investments sold, matured or repaid:		
12.1 Bonds	1,105,196,389	1,860,931,315
12.2 Stocks	8,609,972	30,931,913
12.3 Mortgage loans	18,146,547	25,464,483
12.4 Real estate		
12.5 Other invested assets	9,353,368	136,162,215
12.6 Net gains or (losses) on cash, cash equivalents and short-term investments	1,385,117	(112,045)
12.7 Miscellaneous proceeds	10,275,290	6,676,160
12.8 Total investment proceeds (Lines 12.1 to 12.7)	1,152,966,683	2,060,054,041
13. Cost of investments acquired (long-term only):		
13.1 Bonds	1,094,338,081	2,128,049,946
13.2 Stocks	6,759,997	14,009,166
13.3 Mortgage loans	8,782,274	68,785,518
13.4 Real estate		
13.5 Other invested assets	94,247,907	155,195,190
13.6 Miscellaneous applications	0	172,559
13.7 Total investments acquired (Lines 13.1 to 13.6)	1,204,128,259	2,366,212,379
14. Net increase (or decrease) in contract loans and premium notes	10,291,066	5,540,043
15. Net cash from investments (Line 12.8 minus Line 13.7 and Line 14)	(61,452,642)	(311,698,381)
Cash from Financing and Miscellaneous Sources		
16. Cash provided (applied):		
16.1 Surplus notes, capital notes		
16.2 Capital and paid in surplus, less treasury stock		
16.3 Borrowed funds		
16.4 Net deposits on deposit-type contracts and other insurance liabilities	(2,133,161)	14,406,245
16.5 Dividends to stockholders		
16.6 Other cash provided (applied)	(17,269,938)	(144,878,730)
17. Net cash from financing and miscellaneous sources (Line 16.1 through Line 16.4 minus Line 16.5 plus Line 16.6)	(19,403,099)	(130,472,485)
RECONCILIATION OF CASH, CASH EQUIVALENTS AND SHORT-TERM INVESTMENTS		
18. Net change in cash, cash equivalents and short-term investments (Line 11, plus Lines 15 and 17)	30,111,852	(241,093,124)
19. Cash, cash equivalents and short-term investments:		
19.1 Beginning of year	154,567,313	395,660,437
19.2 End of period (Line 18 plus Line 19.1)	184,679,165	154,567,313

Note: Supplemental disclosures of cash flow information for non-cash transactions:

20.0001. Taxes, licenses and fee liabilities assumed by former parent	0	4,821,355
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EXHIBIT 1

DIRECT PREMIUMS AND DEPOSIT-TYPE CONTRACTS

	1 Current Year To Date	2 Prior Year To Date	3 Prior Year Ended December 31
1. Industrial life			
2. Ordinary life insurance	329,781,565	511,881,178	962,635,159
3. Ordinary individual annuities	261,393,294	661,663,059	1,178,927,863
4. Credit life (group and individual)			
5. Group life insurance			
6. Group annuities	140	3,510	464,648
7. A & H - group			
8. A & H - credit (group and individual)			
9. A & H - other			
10. Aggregate of all other lines of business			
11. Subtotal	591,174,999	1,173,547,747	2,142,027,670
12. Deposit-type contracts	10,203,914	6,307,102	7,743,327
13. Total	601,378,913	1,179,854,849	2,149,770,997
DETAILS OF WRITE-INS			
1001.			
1002.			
1003.			
1098. Summary of remaining write-ins for Line 10 from overflow page			
1099. Totals (Lines 1001 through 1003 plus 1098)(Line 10 above)			

NOTES TO FINANCIAL STATEMENTS

1. *Summary of Significant Accounting Policies*

No change.

2. *Accounting Changes and Corrections of Errors*

A. Correction of Error

During the preparation of the 2005 statutory audited financial statements, it was determined that a \$17,412,445 capital loss carry back included in current capital gains tax would need to be reclassified to a capital loss carry forward within deferred taxes. This amount was not expected to be realizable within a year, and was non-admitted in accordance with SSAP 10, *Income Taxes* ("SSAP 10"). This adjustment has been recorded in the audited statutory financials filed on June 1, 2006, and the impact to surplus has been recorded as a prior period adjustment in the accompanying financial statements. The tables presented in Note 9 *Income Taxes* have been adjusted for this change.

3. *Business Combinations and Goodwill*

Not applicable.

4. *Discontinued Operations*

Not applicable.

5. *Investments*

No change.

6. *Joint Ventures, Partnerships and Limited Liability Companies*

No change.

7. *Investment Income*

No change.

8. *Derivative Instruments*

During the three months ended June 30, 2006, the MetLife Life and Annuity Company of Connecticut ("MLAC" or the "Company") began to use derivatives to synthetically create investments that are either more expensive to acquire or otherwise unavailable in the cash markets. This is done through the use of replicated synthetic asset transactions ("RSATs"). RSATs are a combination of a written credit default swap and either a U.S. Treasury security, Agency security, or other fixed maturity holding. See Schedule DB Part F.

9. *Income Taxes*

The amounts shown for December 31, 2005 have been adjusted for the reclassification discussed in Note 2 *Accounting Changes and Corrections of Errors*.

A. The components of net deferred income tax assets and liabilities as of June 30, 2006 and December 31, 2005 consisted of the following:

	<u>June 30, 2006</u>	<u>December 31, 2005</u>
Total of all deferred income tax assets (admitted and non-admitted)	\$ 546,482,366	\$ 543,090,253
Total of all deferred income tax liabilities	(12,114,473)	(4,752,395)
Net deferred tax asset	534,367,893	538,337,858
Total deferred income tax assets non-admitted in accordance with SSAP No. 10, <i>Income Taxes</i>	(496,363,271)	(500,287,211)
Total net admitted deferred tax asset (liability)	<u>\$ 38,004,622</u>	<u>\$ 38,050,647</u>
(Increase) decrease in deferred income tax assets non-admitted by NAIC SAP	<u>\$ 3,923,940</u>	<u>\$ (294,618,015)</u>

NOTES TO FINANCIAL STATEMENTS

C. The changes in the main components of deferred tax amounts as of June 30, 2006 and December 31, 2005 are as follows:

	<u>June 30, 2006</u>	<u>December 31, 2005</u>	<u>Change</u>
Deferred tax assets resulting from book to tax differences in:			
Capital loss carryforward	\$ 29,779,872	\$ 17,412,445	\$ 12,367,427
Investments	39,331,802	40,704,849	(1,373,047)
Tax intangibles	339,706,946	355,261,991	(15,555,045)
Policy, reinsurance and other reserves	93,990,519	108,835,348	(14,844,829)
Policy acquisition expenses	23,618,830	13,237,257	10,381,573
Unrealized capital gains and losses	12,582,393	299,844	12,282,549
Other	7,472,004	7,338,519	133,485
Total deferred income tax assets - (admitted and non-admitted)	<u>\$ 546,482,366</u>	<u>\$ 543,090,253</u>	<u>\$ 3,392,113</u>
Less: deferred income tax assets - (non-admitted by NAIC SAP)	<u>\$(496,363,271)</u>	<u>\$ (500,287,211)</u>	<u>\$ 3,923,940</u>
Total deferred tax assets - (admitted by NAIC SAP)	<u>\$ 50,119,095</u>	<u>\$ 42,803,042</u>	<u>\$ 7,316,053</u>
Deferred tax liabilities resulting from book to tax differences in:			
Investments	(1,811,422)	2,826,760	(4,638,182)
Unrealized capital gains and losses	(3,089,532)	(3,089,532)	-
Deferred and uncollected premiums	(4,174,780)	(4,489,623)	314,843
Other	(3,038,739)	-	(3,038,739)
Total deferred income tax liabilities	<u>\$ (12,114,473)</u>	<u>\$ (4,752,395)</u>	<u>\$ (7,362,078)</u>
Net admitted deferred tax asset (liability)	<u>\$ 38,004,622</u>	<u>\$ 38,050,647</u>	(46,025)
			Change in non-admitted deferred tax assets (3,923,940)
			Tax effect of unrealized gains (losses) (12,282,549)
			<u>Change in net deferred income tax \$ (16,252,514)</u>

D. Among the more significant book to tax adjustments were the following:

	<u>June 30, 2006</u>
Net gain from operations after dividends to policyholders and before federal income taxes @ 35%	\$ 39,419,127
Net realized capital losses @ 35%	(3,922,417)
Interest maintenance reserve	(2,721,663)
Separate account dividend received deductions	(10,037,280)
Meals & entertainment	2,028
Penalties	547
Intangibles	2,806,705
Other	(979,647)
Total Statutory Taxes	<u>\$ 24,567,400</u>
Federal and foreign income taxes incurred including tax on realized capital gains	\$ 8,314,886
Change in net deferred income tax	16,252,514
Total Statutory Taxes	<u>\$ 24,567,400</u>

F. (1) The Company will file a consolidated tax return with its parent, the MetLife Insurance Company of Connecticut.

(2) The companies will execute a Tax Sharing Agreement (the "Agreement"). Under the Agreement, the federal income taxes will be allocated between the companies on a separate return basis and adjusted for credits and other amounts required by the Agreement.

10. Information Concerning Parent, Subsidiaries and Affiliates

- A.B. No change.
- C. No change.
- D. No change.
- E. As of December 31, 2005, the Company was the beneficiary of \$1,739 million in letters of credit related to reinsurance ceded to its affiliate, MetLife Reinsurance Company of South Carolina ("MetLife Re"), formerly The Travelers Life and Annuity Reinsurance Company ("TLARC"). MetLife Re is the obligor on the letters of credit and MetLife, Inc. is the guarantor. Prior to July 1, 2005, the guarantor was Citigroup Insurance Holding Corporation ("CIHC").
- F. No change.
- G. No change.
- H. No change.
- I. No change.

11. Debt

Not applicable.

NOTES TO FINANCIAL STATEMENTS

12. Retirement Plans, Deferred Compensation, Post-employment Benefits and Compensated Absences and Other Post-retirement Benefit Plans

No change.

13. Capital Surplus, Shareholder's Dividend Restrictions and Quasi-Reorganizations

No change.

14. Contingencies

A. Contingent Commitments

The Company makes commitments to fund partnership investments in the normal course of business. The amounts of these unfunded commitments were \$6,691,918 at June 30, 2006.

The Company commits to lend funds under mortgage loan commitments. The amounts of these mortgage loan commitments were \$66,819,110 at June 30, 2006.

B. Assessments

No change.

C. Gain Contingencies

The Company has no material contingencies.

D. All Other Contingencies

The Company is a defendant in a number of litigation matters. In some of the matters, large and/or indeterminate amounts, including punitive and treble damages, are sought. Modern pleading practice in the United States permits considerable variation in the assertion of monetary damages or other relief. Jurisdictions may permit claimants not to specify the monetary damages sought or may permit claimants to state only that the amount sought is sufficient to invoke the jurisdiction of the trial court. In addition, jurisdictions may permit plaintiffs to allege monetary damages in amounts well exceeding reasonably possible verdicts in the jurisdiction for similar matters. This variability in pleadings, together with the actual experience of the Company in litigating or resolving through settlement numerous claims over an extended period of time, demonstrate to management that the monetary relief which may be specified in a lawsuit or claim bears little relevance to its merits or disposition value. Thus, unless stated below, the specific monetary relief sought is not noted.

Due to the vagaries of litigation, the outcome of a litigation matter and the amount or range of potential loss at particular points in time may normally be inherently impossible to ascertain with any degree of certainty. Inherent uncertainties can include how fact finders will view individually and in their totality documentary evidence, the credibility and effectiveness of witnesses' testimony, and how trial and appellate courts will apply the law in the context of the pleadings or evidence presented, whether by motion practice, or at trial or on appeal. Disposition valuations are also subject to the uncertainty of how opposing parties and their counsel will themselves view the relevant evidence and applicable law.

The Company is a party to a number of legal actions and is and/or has been involved in regulatory investigations. Given the inherent unpredictability of these matters, it is difficult to estimate the impact on the Company's financial position. On a quarterly and yearly basis, the Company reviews relevant information with respect to liabilities for litigation, regulatory investigations and litigation-related contingencies to be reflected in the Company's financial statements. The review includes senior legal and financial personnel. Unless stated below, estimates of possible additional losses or ranges of loss for particular matters cannot in the ordinary course be made with a reasonable degree of certainty. The limitations of available data and uncertainty regarding numerous variables make it difficult to estimate liabilities. Liabilities are established when it is probable that a loss has been incurred and the amount of the loss can be reasonably estimated. It is possible that some of the matters could require the Company to pay damages or make other expenditures or establish accruals in amounts that could not be estimated as of June 30, 2006. Furthermore, it is possible that an adverse outcome in certain of the Company's litigation and regulatory investigations, or the use of different assumptions in the determination of amounts recorded, could have a material effect upon the Company's net income or cash flows in particular quarterly or annual periods.

In August 1999, an amended putative class action complaint was filed in Connecticut state court against MLAC, Travelers Equity Sales, Inc. and certain former affiliates. The amended complaint alleges Travelers Property Casualty Corporation, a former MLAC affiliate, purchased structured settlement annuities from MLAC and spent less on the purchase of those structured settlement annuities than agreed with claimants, and that commissions paid to brokers for the structured settlement annuities, including an affiliate MLAC, were paid in part to Travelers Property Casualty Corporation. On May 26, 2004, the Connecticut Superior Court certified a nationwide class action involving the following claims against MLAC: violation of the Connecticut Unfair Trade Practice Statute; unjust enrichment; and civil conspiracy. On June 15, 2004, the defendants appealed the class certification order. In March 2006, the Connecticut Supreme Court reversed

NOTES TO FINANCIAL STATEMENTS

the trial court's certification of a class. Plaintiff may seek upon remand to the trial court to file another motion for class certification. The Company and Travelers Equity Sales, Inc. intend to continue to vigorously defend the matter.

Regulatory bodies have contacted the Company and have requested information relating to various regulatory issues regarding mutual funds and variable insurance products, including the marketing of such products. The Company believes that many of these inquiries are similar to those made to many financial services companies as part of industry-wide investigations by various regulatory agencies. In addition, like many insurance companies and agencies in 2004 and 2005, the Company received inquiries from certain state Departments of Insurance regarding producer compensation and bidding practices. The Company is fully cooperating with regard to these information requests and investigations. The Company at the present time is not aware of any systemic problems with respect to such matters that may have a material adverse effect on the Company's financial position.

In addition, the Company is a defendant or co-defendant in various other litigation matters in the normal course of business. These may include civil actions, arbitration proceedings and other matters arising in the normal course of business out of activities as an insurance company or otherwise. Further, state insurance regulatory authorities and other federal and state authorities may make inquiries and conduct investigations concerning the Company's compliance with applicable insurance and other laws and regulations.

In the opinion of the Company's management, the ultimate resolution of these legal and regulatory proceedings would not be likely to have a material adverse effect on the Company's financial condition or liquidity, but, if involving monetary liability, may be material to the Company's operating results for any particular period.

15. Leases

No change.

16. Information about Financial Instruments with Off-Balance Sheet Risk and Financial Instruments with Concentration of Credit Risk

Under the Derivative Use Plan filed with the state, the Company can take positions in various instruments as parts of its hedging, income generation or replication (synthetic asset) transaction strategies. The open positions under these transactions are reflected in Schedule DB.

17. Sale, Transfer and Servicing of Financial Assets and Extinguishments of Liabilities

A. Transfers of Receivables Reported as Sales

No change.

B. Transfer and Servicing of Financial Assets

No change.

C. Wash Sales

1. In the course of the Company's asset management, securities are not sold and reacquired within 30 days of the sale date to enhance the Company's yield on its investment portfolio. There may be occasional isolated incidents where wash sales occur.
2. The Company did not have any wash sales with a NAIC designation of 3 through 6 for the quarter ending June 30, 2006.

18. Gain or Loss to the Reporting Entity from Uninsured Plans and the Uninsured Portion of Partially Insured Plans

Not applicable.

19. Direct Premium Written/Produced by Managing General Agents/Third Party Administrators

Not applicable.

20. September 11 Events

No change.

21. Other Items

A. Extraordinary Items

Not applicable.

NOTES TO FINANCIAL STATEMENTS

B. Troubled Debt Restructuring

Not applicable.

C. Other Disclosures

Variable Annuities with Guaranteed Benefits include Guaranteed Minimum Accumulation Benefits (“GMAB”), Guaranteed Minimum Withdrawal Benefits (“GMWB”) and Guaranteed Minimum Death Benefits (“GMDB”)

Type	Total Account Value		Gross Reserve		Net Reserve		
	June 30, 2006	December 31, 2005	June 30, 2006	December 31, 2005	June 30, 2006	December 31, 2005	
GMAB							
8 Year	90% of Premium	9.3	10.0	0.6	0.6	0.6	0.5
8 Year	100% of Premium	508.4	544.8	86.2	80.6	70.4	60.1
8 Year	115% of Premium	1.1	1.2	0.2	0.2	-	-
10 Year	100% of Premium	320.7	324.7	10.6	9.9	10.6	9.9
GMWB		2,200.7	2,210.7	25.3	20.8	25.3	20.8
GMDB		14,154.8	14,506.7	63.2	61.3	11.6	9.6

D. Uncollectible Premium Receivables

Not applicable.

E. Business Interruption Insurance Recoveries

Not applicable.

F. Additional Disclosures for Retirement Plans, Deferred Compensation, Post Retirement Benefits and Compensated Absences and Other Postretirement Benefit Plans

Not applicable.

22. Events Subsequent

No events have occurred subsequent to the closing of the books that may have a material impact on the financial condition of the Company.

23. Reinsurance

A. Ceded Reinsurance Report

Section 1 – General Interrogatories

No change.

Section 2 – Ceded Reinsurance Report – Part A

No change.

Section 3 – Ceded Reinsurance Report – Part B

(1) What is the estimated amount of the aggregate reduction in surplus, (for agreements other than those under which the reinsurer may unilaterally cancel for reasons other than for nonpayment of premium or other similar credits that are reflected in Section 2 above) of termination of ALL reinsurance agreements, by either party, as of the date of this statement? Where necessary, the Company may consider the current or anticipated experience of the business reinsured in making this estimate. \$251,244,103

(2) Have any new agreements been executed or existing agreements amended, since January 1 of the year of this statement, to include policies or contracts that were in force or which had existing reserves established by the Company as of the effective date of the agreement?

Yes () No (X)

If yes, what is the amount of reinsurance credits, whether an asset or a reduction of liability, taken for such new agreements or amendments?

Not applicable.

NOTES TO FINANCIAL STATEMENTS

B. Uncollectible Reinsurance

Not applicable.

C. Commutation of Ceded Reinsurance

Not applicable.

24. *Retrospectively Rated Contracts & Contracts Subject to Redetermination*

Not applicable.

25. *Change in Incurred Losses and Loss Adjustment Expenses*

Not applicable.

26. *Intercompany Pooling Arrangements*

Not applicable.

27. *Structured Settlements*

Not applicable.

28. *Health Care Receivables*

Not applicable.

29. *Participating Policies*

Not applicable.

30. *Premium Deficiency Reserves*

Not applicable.

31. *Reserves for Life Contracts and Deposit-Type Contracts*

No change.

32. *Analysis of Annuity Actuarial Reserves and Deposit Liabilities by Withdrawal Characteristics*

No change.

33. *Premiums and Annuity Considerations Deferred and Uncollected*

No change.

34. *Separate Accounts*

No change.

35. *Loss/Claim Adjustment Expense*

Not applicable.

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT
GENERAL INTERROGATORIES

(Responses to these interrogatories should be based on changes that have occurred since the prior year end unless otherwise noted)

**PART 1 - COMMON INTERROGATORIES
 GENERAL**

- 1.1 Did the reporting entity experience any material transactions requiring the filing of Disclosure of Material Transactions with the State of Domicile, as required by the Model Act? Yes [] No [X]
- 1.2 If yes, has the report been filed with the domiciliary state? Yes [] No []
- 2.1 Has any change been made during the year of this statement in the charter, by-laws, articles of incorporation, or deed of settlement of the reporting entity? Yes [X] No []
- 2.2 If yes, date of change: 05/01/2006
3. Have there been any substantial changes in the organizational chart since the prior quarter end? Yes [X] No []
 If yes, complete the Schedule Y - Part 1 - organizational chart.
- 4.1 Has the reporting entity been a party to a merger or consolidation during the period covered by this statement? Yes [] No [X]
- 4.2 If yes, provide the name of the entity, NAIC Company Code, and state of domicile (use two letter state abbreviation) for any entity that has ceased to exist as a result of the merger or consolidation.

1 Name of Entity	2 NAIC Company Code	3 State of Domicile
.....
.....
.....

5. If the reporting entity is subject to a management agreement, including third-party administrator(s), managing general agent(s), attorney-in-fact, or similar agreement, have there been any significant changes regarding the terms of the agreement or principals involved? Yes [] No [X] N/A []
 If yes, attach an explanation.
- 6.1 State as of what date the latest financial examination of the reporting entity was made or is being made. 12/31/2004
- 6.2 State the as of date that the latest financial examination report became available from either the state of domicile or the reporting entity. This date should be the date of the examined balance sheet and not the date the report was completed or released. 12/31/2004
- 6.3 State as of what date the latest financial examination report became available to other states or the public from either the state of domicile or the reporting entity. This is the release date or completion date of the examination report and not the date of the examination (balance sheet date). 01/06/2006
- 6.4 By what department or departments?
 Connecticut Department of Insurance
- 7.1 Has this reporting entity had any Certificates of Authority, licenses or registrations (including corporate registration, if applicable) suspended or revoked by any governmental entity during the reporting period? Yes [] No [X]
- 7.2 If yes, give full information:
- 8.1 Is the company a subsidiary of a bank holding company regulated by the Federal Reserve Board? Yes [X] No []
- 8.2 If response to 8.1 is yes, please identify the name of the bank holding company.
 MetLife, Inc. (a financial holding company)
- 8.3 Is the company affiliated with one or more banks, thrifts or securities firms? Yes [X] No []
- 8.4 If response to 8.3 is yes, please provide below the names and location (city and state of the main office) of any affiliates regulated by a federal regulatory services agency [i.e. the Federal Reserve Board (FRB), the Office of the Comptroller of the Currency (OCC), the Office of Thrift Supervision (OTS), the Federal Deposit Insurance Corporation (FDIC) and the Securities Exchange Commission (SEC)] and identify the affiliate's primary federal regulator.]

1 Affiliate Name	2 Location (City, State)	3 FRB	4 OCC	5 OTS	6 FDIC	7 SEC
CitiStreet Equities LLC	East Brunswick, NJ					YES
MLI Asset Management International Company LLC	Hartford, CT					YES
MLI Distribution LLC	Hartford, CT					YES
MLI Investment Advisers, Inc.	New York, NY					YES
Met Investors Advisory	Newport Beach, CA					YES
MetLife Advisers LLC	Boston, MA					YES
MetLife Bank, N.A.	Bridgewater, NJ		YES			
MetLife Investment Funds Management LLC	East Brunswick, NJ					YES
MetLife Investment Funds Services LLC	East Brunswick, NJ					YES
MetLife Investors Distribution Company	Newport Beach, CA					YES
MetLife Securities, Inc.	New York, NY					YES
Metropolitan Life Insurance Company	New York, NY					YES
New England Securities Corporation	Boston, MA					YES
Pilgrim Alternative Investments Opportunity Fund I, LLC	Hartford, CT					YES
Pilgrim Alternative Investments Opportunity Fund III Associates, LLC	Hartford, CT					YES

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

1 Affiliate Name	2 Location (City, State)	3 FRB	4 OCC	5 OTS	6 FDIC	7 SEC
Tower Square Securities, Inc.	Hartford, CT					YES.....
Walnut Street Advisers, Inc.	St. Louis, MO					YES.....
Walnut Street Securities, Inc.	St. Louis, MO					YES.....

GENERAL INTERROGATORIES

FINANCIAL

- 9.1 Does the reporting entity report any amounts due from parent, subsidiaries or affiliates on Page 2 of this statement? Yes [X] No []
- 9.2 If yes, indicate any amounts receivable from parent included in the Page 2 amount: \$ 53,231,490

INVESTMENT

- 10.1 Has there been any change in the reporting entity's own preferred or common stock? Yes [] No [X]
- 10.2 If yes, explain:
- 11.1 Were any of the stocks, bonds, or other assets of the reporting entity loaned, placed under option agreement, or otherwise made available for use by another person? (Exclude securities under securities lending agreements.) Yes [] No [X]
- 11.2 If yes, give full and complete information relating thereto:
12. Amount of real estate and mortgages held in other invested assets in Schedule BA: \$ 1,627,221
13. Amount of real estate and mortgages held in short-term investments: \$ 0
- 14.1 Does the reporting entity have any investments in parent, subsidiaries and affiliates? Yes [X] No []
- 14.2 If yes, please complete the following:

	1 Prior Year-End Book/Adjusted Carrying Value	2 Current Quarter Statement Value
14.21 Bonds	\$ 0	\$ 0
14.22 Preferred Stock	\$ 0	\$ 0
14.23 Common Stock	\$ 0	\$ 0
14.24 Short-Term Investments	\$ 0	\$ 0
14.25 Mortgage Loans on Real Estate	\$ 0	\$ 0
14.26 All Other	\$ 21,981,322	\$ 103,794,174
14.27 Total Investment in Parent, Subsidiaries and Affiliates (Subtotal Lines 14.21 to 14.26)	\$ 21,981,322	\$ 103,794,174
14.28 Total Investment in Parent included in Lines 14.21 to 14.26 above	\$	\$

- 15.1 Has the reporting entity entered into any hedging transactions reported on Schedule DB? Yes [X] No []
- 15.2 If yes, has a comprehensive description of the hedging program been made available to the domiciliary state? Yes [X] No []
If no, attach a description with this statement.
16. Excluding items in Schedule E, real estate, mortgage loans and investments held physically in the reporting entity's offices, vaults or safety deposit boxes, were all stocks, bonds and other securities, owned throughout the current year held pursuant to a custodial agreement with a qualified bank or trust company in accordance with Part 1 - General, Section IV.H - Custodial or Safekeeping Agreements of the NAIC Financial Condition Examiners Handbook? Yes [X] No []
- 16.1 For all agreements that comply with the requirements of the NAIC Financial Condition Examiners Handbook, complete the following:

1 Name of Custodian(s)	2 Custodian Address
JP Morgan Chase Bank	3 Chase Metro Tech Center, Floor 5, Brooklyn, NY 11245

- 16.2 For all agreements that do not comply with the requirements of the NAIC Financial Condition Examiners Handbook, provide the name, location and a complete explanation:

1 Name(s)	2 Location(s)	3 Complete Explanation(s)
.....

- 16.3 Have there been any changes, including name changes, in the custodian(s) identified in 16.1 during the current quarter? Yes [] No [X]
- 16.4 If yes, give full information relating thereto:

1 Old Custodian	2 New Custodian	3 Date of Change	4 Reason
.....

- 16.5 Identify all investment advisors, brokers/dealers or individuals acting on behalf of broker/dealers that have access to the investment accounts, handle securities and have authority to make investments on behalf of the reporting entity:

1 Central Registration Depository	2 Name(s)	3 Address
04095	Chris Bajak	200 Park Avenue, NY, NY 10166
04095	John Rosenthal	200 Park Avenue, NY, NY 10166
04095	Brad Rhoads	200 Park Avenue, NY, NY 10166
04095	Charles Scully	200 Park Avenue, NY, NY 10166
04095	Sanket Sant	200 Park Avenue, NY, NY 10166
04095	William Moretti	200 Park Avenue, NY, NY 10166
04095	Kenneth Mahon	200 Park Avenue, NY, NY 10166
04095	Tracy Pamperl	200 Park Avenue, NY, NY 10166
04095	Nancy Mueller	200 Park Avenue, NY, NY 10166

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

1 Central Registration Depository	2 Name(s)	3 Address
04095	Jason Valentino	200 Park Avenue, NY, NY 10166
04095	Mirsad Usejnoski	200 Park Avenue, NY, NY 10166
04095	Jim Wiviott	200 Park Avenue, NY, NY 10166
04095	Michael Williams	200 Park Avenue, NY, NY 10166
04095	Michael Sing	200 Park Avenue, NY, NY 10166
04095	Urmil Shah	200 Park Avenue, NY, NY 10166
04095	Jeffrey Tapper	200 Park Avenue, NY, NY 10166
04095	Gerd Stabbert	200 Park Avenue, NY, NY 10166
04095	Lisa Longino	200 Park Avenue, NY, NY 10166
04095	Vincent Cirulli	200 Park Avenue, NY, NY 10166
04095	Cindy Chen	200 Park Avenue, NY, NY 10166
04095	David Farrell	200 Park Avenue, NY, NY 10166
04095	Nancy Doyle	200 Park Avenue, NY, NY 10166
04095	Steve Bruno	200 Park Avenue, NY, NY 10166
04095	Bill Bixler	200 Park Avenue, NY, NY 10166
04095	Jason Chapin	200 Park Avenue, NY, NY 10166
04095	Susan Buffum	200 Park Avenue, NY, NY 10166
04095	Wai Lee	200 Park Avenue, NY, NY 10166
04095	Kevin Kelly	200 Park Avenue, NY, NY 10166
04095	Stacey Lituchy	200 Park Avenue, NY, NY 10166
04095	Brian Lewand	200 Park Avenue, NY, NY 10166
04095	Norman Hu	200 Park Avenue, NY, NY 10166
04095	Dominic Guillossou	200 Park Avenue, NY, NY 10166
04095	Chris Johnson	200 Park Avenue, NY, NY 10166
04095	Sean Huang	200 Park Avenue, NY, NY 10166

17.1 Have all the filing requirements of the Purposes and Procedures Manual of the NAIC Securities Valuation Office been followed? Yes [] No [X]
 17.2 If no, list exceptions:

As of 6/30/06, eleven issues did not meet the filing requirements of the NAIC Purpose and Procedures Manual. According to the SVO, these issues are hybrids. We are awaiting the final decision regarding the classification.

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT
GENERAL INTERROGATORIES

PART 2 - LIFE & HEALTH

	1 Amount
1. Report the statement value of mortgage loans at the end of this reporting period for the following categories:	
1.1 Long-Term Mortgages In Good Standing	
1.11 Farm Mortgages	\$ 92,619,858
1.12 Residential Mortgages	\$ 0
1.13 Commercial Mortgages	\$ 94,030,083
1.14 Total Mortgages in Good Standing	<u>\$ 186,649,941</u>
1.2 Long-Term Mortgages In Good Standing with Restructured Terms	
1.21 Total Mortgages in Good Standing with Restructured Terms	<u>\$ 0</u>
1.3 Long-Term Mortgage Loans Upon which Interest is Overdue more than Three Months	
1.31 Farm Mortgages	\$ 0
1.32 Residential Mortgages	\$ 0
1.33 Commercial Mortgages	\$ 0
1.34 Total Mortgages with Interest Overdue more than Three Months	<u>\$ 0</u>
1.4 Long-Term Mortgage Loans in Process of Foreclosure	
1.41 Farm Mortgages	\$ 0
1.42 Residential Mortgages	\$ 0
1.43 Commercial Mortgages	\$ 0
1.44 Total Mortgages in Process of Foreclosure	\$ 0
1.5 Total Mortgage Loans (Lines 1.14 + 1.21 + 1.34 + 1.44) (Page 2, Column 3, Lines 3.1 + 3.2)	<u>\$ 186,649,941</u>
1.6 Long-Term Mortgages Foreclosed, Properties Transferred to Real Estate in Current Quarter	
1.61 Farm Mortgages	\$ 0
1.62 Residential Mortgages	\$ 0
1.63 Commercial Mortgages	\$ 0
1.64 Total Mortgages Foreclosed and Transferred to Real Estate	<u>\$ 0</u>

SCHEDULE A - VERIFICATION

Real Estate

	1 Year to Date	2 Prior Year Ended December 31
1. Book/adjusted carrying value, December 31 of prior year	1,541	1,541
2. Increase (decrease) by adjustment		
3. Cost of acquired		
4. Cost of additions to and permanent improvements		
5. Total profit (loss) on sales		
6. Increase (decrease) by foreign exchange adjustment		
7. Amount received on sales		
8. Book/adjusted carrying value at end of current period	1,541	1,541
9. Total valuation allowance		
10. Subtotal (Lines 8 plus 9)	1,541	1,541
11. Total nonadmitted amounts		
12. Statement value, current period (Page 2, real estate lines, Net Admitted Assets column)	1,541	1,541

SCHEDULE B - VERIFICATION

Mortgage Loans

	1 Year to Date	2 Prior Year Ended December 31
1. Book value/recorded investment excluding accrued interest on mortgages owned, December 31 of prior year	196,209,764	152,718,769
2. Amount loaned during period:		
2.1. Actual cost at time of acquisitions	7,491,102	66,715,787
2.2. Additional investment made after acquisitions	1,291,172	2,069,731
3. Accrual of discount and mortgage interest points and commitment fees	96,233	187,241
4. Increase (decrease) by adjustment		
5. Total profit (loss) on sale		
6. Amounts paid on account or in full during the period	18,146,547	25,464,483
7. Amortization of premium	73,628	17,281
8. Increase (decrease) by foreign exchange adjustment		
9. Book value/recorded investment excluding accrued interest on mortgages owned at end of current period	186,868,096	196,209,764
10. Total valuation allowance	(218,155)	(899,687)
11. Subtotal (Lines 9 plus 10)	186,649,941	195,310,077
12. Total nonadmitted amounts		
13. Statement value of mortgages owned at end of current period (Page 2, mortgage lines, Net Admitted Assets column)	186,649,941	195,310,077

SCHEDULE BA - VERIFICATION

Other Invested Assets

	1 Year to Date	2 Prior Year Ended December 31
1. Book/adjusted carrying value of long-term invested assets owned, December 31 of prior year	74,758,971	55,495,627
2. Cost of acquisitions during period:		
2.1. Actual cost at time of acquisitions	4,676,028	150,878,086
2.2. Additional investment made after acquisitions	89,571,879	4,317,104
3. Accrual of discount	2,314	4,338
4. Increase (decrease) by adjustment	817,215	649,216
5. Total profit (loss) on sale	34,015	79,378
6. Amounts paid on account or in full during the period	9,353,368	136,162,215
7. Amortization of premium	31,548	11,378
8. Increase (decrease) by foreign exchange adjustment		(491,184)
9. Book/adjusted carrying value of long-term invested assets at end of current period	160,475,506	74,758,971
10. Total valuation allowance		
11. Subtotal (Lines 9 plus 10)	160,475,506	74,758,971
12. Total nonadmitted amounts	4,317,885	4,571,697
13. Statement value of long-term invested assets at end of current period (Page 2, Line 7, Column 3)	156,157,621	70,187,274

SCHEDULE D - VERIFICATION

Bonds and Stocks

	1 Year to Date	2 Prior Year Ended December 31
1. Book/adjusted carrying value of bonds and stocks, December 31 of prior year	3,150,699,642	2,892,588,913
2. Cost of bonds and stocks acquired	1,101,098,078	2,142,059,112
3. Accrual of discount	9,814,864	25,592,756
4. Increase (decrease) by adjustment	719,274	(4,534,734)
5. Increase (decrease) by foreign exchange adjustment	666,365	(1,693,248)
6. Total profit (loss) on disposal	(7,436,568)	4,596,272
7. Consideration for bonds and stocks disposed of	1,113,806,361	1,891,863,228
8. Amortization of premium	2,263,075	16,046,201
9. Book value/adjusted carrying value, current period	3,139,492,219	3,150,699,642
10. Total valuation allowance		
11. Subtotal (Lines 9 plus 10)	3,139,492,219	3,150,699,642
12. Total nonadmitted amounts		
13. Statement value	3,139,492,219	3,150,699,642

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 1B

Showing the Acquisitions, Dispositions and Non-Trading Activity
During the Current Quarter for all Bonds and Preferred Stock by Rating Class

	1 Book/Adjusted Carrying Value Beginning of Current Quarter	2 Acquisitions During Current Quarter	3 Dispositions During Current Quarter	4 Non-Trading Activity During Current Quarter	5 Book/Adjusted Carrying Value End of First Quarter	6 Book/Adjusted Carrying Value End of Second Quarter	7 Book/Adjusted Carrying Value End of Third Quarter	8 Book/Adjusted Carrying Value December 31 Prior Year
BONDS								
1. Class 1	2,113,257,174	252,675,459	130,637,247	22,548,335	2,113,257,174	2,257,843,720		2,284,463,044
2. Class 2	764,636,668	69,068,562	47,503,024	(15,985,838)	764,636,668	770,216,368		745,731,113
3. Class 3	141,711,552	13,715,688	15,255,917	(2,315,656)	141,711,552	137,855,667		123,156,927
4. Class 4	30,881,544	9,286,816	2,402,286	978,997	30,881,544	38,745,070		30,995,249
5. Class 5	3,084,458	1,898,489	491,218	464	3,084,458	4,492,193		1,692,772
6. Class 6	1,315,124			27,946	1,315,124	1,343,071		355,501
7. Total Bonds	3,054,886,520	346,645,013	196,289,692	5,254,248	3,054,886,520	3,210,496,089		3,186,394,606
PREFERRED STOCK								
8. Class 1	3,071,113				3,071,113	3,071,113		3,071,113
9. Class 2	262,841			(1)	262,841	262,841		262,841
10. Class 3								100,000
11. Class 4	190,150			(6,750)	190,150	183,400		82,800
12. Class 5	167,384			9,368	167,384	176,752		167,158
13. Class 6	9,368			(9,368)	9,368			9,368
14. Total Preferred Stock	3,700,856			(6,751)	3,700,856	3,694,105		3,693,280
15. Total Bonds and Preferred Stock	3,058,587,376	346,645,013	196,289,692	5,247,497	3,058,587,376	3,214,190,194		3,190,087,886

SCHEDULE DA - PART 1**Short-Term Investments Owned End of Current Quarter**

	1	2	3	4	5
	Book/Adjusted Carrying Value	Par Value	Actual Cost	Interest Collected Year-to-Date	Paid for Accrued Interest Year-to-Date
8299999 Totals	77,583,135	XXX	76,500,410	150,695	0

SCHEDULE DA - PART 2 - Verification**Short-Term Investments Owned**

	1	2
	Year to Date	Prior Year Ended December 31
1. Book/adjusted carrying value, December 31 of prior year	39,897,608	394,666,738
2. Cost of short-term investments acquired	76,500,410	1,804,670,913
3. Increase (decrease) by adjustment	1,385,117	(78,978)
4. Increase (decrease) by foreign exchange adjustment		
5. Total profit (loss) on disposal of short-term investments		(5,181)
6. Consideration received on disposal of short-term investments	40,200,000	2,159,355,884
7. Book/adjusted carrying value, current period	77,583,135	39,897,608
8. Total valuation allowance		
9. Subtotal (Lines 7 plus 8)	77,583,135	39,897,608
10. Total nonadmitted amounts		
11. Statement value (Lines 9 minus 10)	77,583,135	39,897,608
12. Income collected during period	1,535,812	3,782,915
13. Income earned during period	1,535,812	4,259,819

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE DB - PART F - SECTION 1

Replicated (Synthetic) Assets Open

Replicated (Synthetic) Asset					Components of the Replicated (Synthetic) Asset						
1 Replication RSAT Number	2 Description	3 NAIC Designation or Other Description	4 Statement Value	5 Fair Value	Derivative Instruments Open		Cash Instrument(s) Held				
					6 Description	7 Fair Value	8 CUSIP	9 Description	10 Statement Value	11 Fair Value	12 NAIC Designation or Other Description
992006009	CDX.NA.IG.6-V1	1	6,746,516	6,198,995	CDX.NA.IG.6-V1 Credit Default Swap	(189)	00440E-AG-2	ACE INA HLDG NT	6,746,516	6,199,183	1FE
9999999 - Totals			6,746,516	6,198,995	XXX	(189)	XXX	XXX	6,746,516	6,199,183	XXX

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE DB - PART F - Section 2

Reconciliation of Replicated (Synthetic) Assets Open

	First Quarter		Second Quarter		Third Quarter		Fourth Quarter		Year-to-Date	
	1 Number of Positions	2 Total Replicated (Synthetic) Assets Statement Value	3 Number of Positions	4 Total Replicated (Synthetic) Assets Statement Value	5 Number of Positions	6 Total Replicated (Synthetic) Assets Statement Value	7 Number of Positions	8 Total Replicated (Synthetic) Assets Statement Value	9 Number of Positions	10 Total Replicated (Synthetic) Assets Statement Value
1. Beginning Inventory										
2. Add: Opened or Acquired Transactions.....			1	6,746,516					1	6,746,516
3. Add: Increases in Replicated Asset Statement Value.....	XXX		XXX		XXX		XXX		XXX	
4. Less: Closed or Disposed of Transactions.....										
5. Less: Positions Disposed of For Failing Effectiveness Criteria.....										
6. Less: Decreases in Replicated (Synthetic) Asset Statement Value	XXX		XXX		XXX		XXX		XXX	
7. Ending Inventory			1	6,746,516					1	6,746,516

SCHEDULE S - CEDED REINSURANCE

Showing All New Reinsurers - Current Year to Date

1 NAIC Company Code	2 Federal ID Number	3 Name of Reinsurer	4 Location	5 Is Insurer Authorized? (Yes or No)
NONE				

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT
SCHEDULE T - PREMIUMS AND ANNUITY CONSIDERATIONS

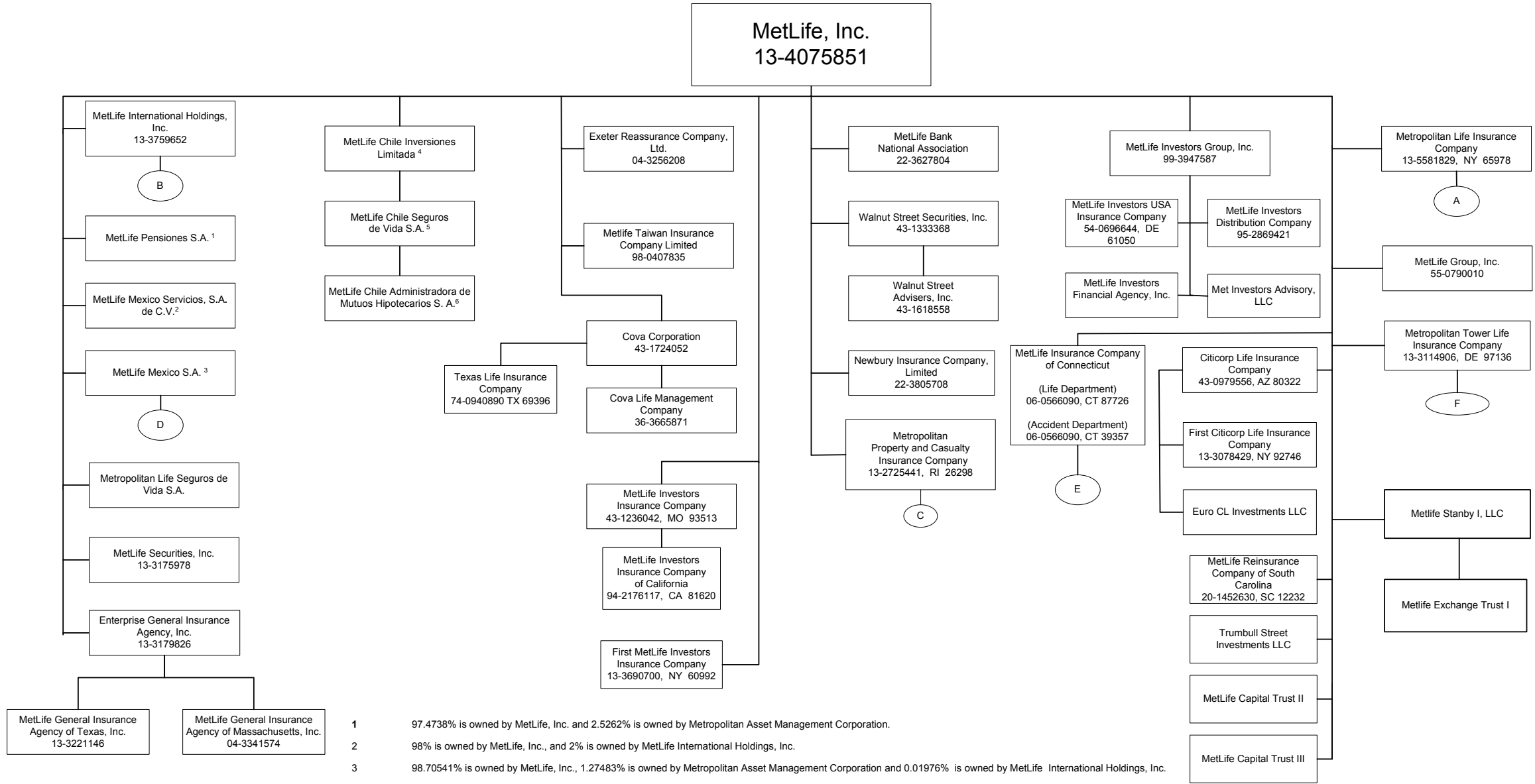
Current Year To Date - Allocated by States and Territories

States, Etc.	1 Is Insurer Licensed? (Yes or No)	Life Contracts		Direct Business Only		
		2 Life Insurance Premiums	3 Annuity Considerations	4 Accident and Health Insurance Premiums, Including Policy, Membership and Other Fees	5 Deposit-Type Contract Funds	6 Other Considerations
1. Alabama	AL	YES	5,390,264	13,475,370		
2. Alaska	AK	YES	182,759	1,141,968		
3. Arizona	AZ	YES	4,330,909	1,221,217		45,305
4. Arkansas	AR	YES	1,906,873	2,879,265		105,772
5. California	CA	YES	48,565,329	3,736,263		1,585,700
6. Colorado	CO	YES	4,406,851	1,085,117		310,744
7. Connecticut	CT	YES	10,110,009	9,937,681		14,825
8. Delaware	DE	YES	3,949,140	455,091		
9. District of Columbia	DC	YES	963,345	369,029		
10. Florida	FL	YES	24,773,700	62,156,916		3,063,915
11. Georgia	GA	YES	7,077,464	2,772,100		95,837
12. Hawaii	HI	YES	790,249	2,323,490		
13. Idaho	ID	YES	428,267	1,137,619		
14. Illinois	IL	YES	21,909,248	1,764,010		964,608
15. Indiana	IN	YES	4,278,118	4,945,472		
16. Iowa	IA	YES	3,605,701	3,872,261		
17. Kansas	KS	YES	4,564,603	331,184		
18. Kentucky	KY	YES	1,115,721	3,574,615		29,408
19. Louisiana	LA	YES	3,013,167	7,819,945		47,963
20. Maine	ME	YES	3,946	369,510		
21. Maryland	MD	YES	5,876,732	5,416,666		161,290
22. Massachusetts	MA	YES	10,133,161	15,019,946		33,547
23. Michigan	MI	YES	8,058,697	1,698,698		9,647
24. Minnesota	MN	YES	6,898,056	15,508,966		64,034
25. Mississippi	MS	YES	1,882,161	2,420,652		21,361
26. Missouri	MO	YES	6,847,815	808,102		163,925
27. Montana	MT	YES	380,983	190,664		24,653
28. Nebraska	NE	YES	1,040,395	3,143,254		27,433
29. Nevada	NV	YES	2,739,317	1,420,298		22,567
30. New Hampshire	NH	YES	357,513	73,570		
31. New Jersey	NJ	YES	20,486,925	627,379		533,752
32. New Mexico	NM	YES	1,018,280	3,017,998		211,261
33. New York	NY	NO	18,563,152	236,093		60,000
34. North Carolina	NC	YES	11,886,182	1,116,200		671
35. North Dakota	ND	YES	611,115	702,216		
36. Ohio	OH	YES	10,962,955	1,111,073		940,326
37. Oklahoma	OK	YES	670,453	9,389,953		81,889
38. Oregon	OR	YES	1,806,795	3,892,717		
39. Pennsylvania	PA	YES	22,975,578	23,098,462		412,918
40. Rhode Island	RI	YES	2,215,999	1,911,829		83,065
41. South Carolina	SC	YES	2,946,250	667,004		275,481
42. South Dakota	SD	YES	1,277,785	964,322		
43. Tennessee	TN	YES	3,348,738	1,232,509		68,100
44. Texas	TX	YES	15,414,539	15,905,973		143,207
45. Utah	UT	YES	2,677,011	6,993,588		246,826
46. Vermont	VT	YES	1,081,999	210,921		
47. Virginia	VA	YES	6,393,513	1,276,726		70,445
48. Washington	WA	YES	3,587,036	6,798,566		84,332
49. West Virginia	WV	YES	1,545,300	2,263,963		120,518
50. Wisconsin	WI	YES	8,601,936	8,726,355		78,588
51. Wyoming	WY	YES	818,505	500		
52. American Samoa	AS	NO				
53. Guam	GU	NO	3,676			
54. Puerto Rico	PR	YES	2,267,967	3,095,569		
55. U.S. Virgin Islands	VI	NO	60,854			
56. Northern Mariana Islands	MP	NO				
57. Canada	CN	NO	456			
58. Aggregate Other Aliens	OT	XXX	8,716,428	164,484		
59. Subtotal	(a) 51		345,519,918	264,473,339		10,203,914
90. Reporting entity contributions for employee benefits plans	XXX					
91. Dividends or refunds applied to purchase paid-up additions and annuities	XXX					
92. Dividends or refunds applied to shorten endowment or premium paying period	XXX					
93. Premium or annuity considerations waived under disability or other contract provisions	XXX		3,955			
94. Aggregate or other amounts not allocable by State	XXX					
95. Totals (Direct Business)	XXX		345,523,873	264,473,339		10,203,914
96. Plus Reinsurance Assumed	XXX					
97. Totals (All Business)	XXX		345,523,873	264,473,339		10,203,914
98. Less Reinsurance Ceded	XXX		80,787,168	4,217,172		
99. Totals (All Business) less Reinsurance Ceded	XXX		264,736,705	260,256,167		10,203,914
DETAILS OF WRITE-INS						
5801. Other	XXX		8,596,551	164,484		
5802. Mexico	XXX		105,297			
5803. Bahamas	XXX		14,580			
5898. Summary of remaining write-ins for Line 58 from overflow page	XXX					
5899. Totals (Lines 5801 through 5803 plus 5898)(Line 58 above)	XXX		8,716,428	164,484		
9401.	XXX					
9402.	XXX					
9403.	XXX					
9498. Summary of remaining write-ins for Line 94 from overflow page	XXX					
9499. Totals (Lines 9401 through 9403 plus 9498)(Line 94 above)	XXX					

(a) Insert the number of yes responses except for Canada and Other Alien.

SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

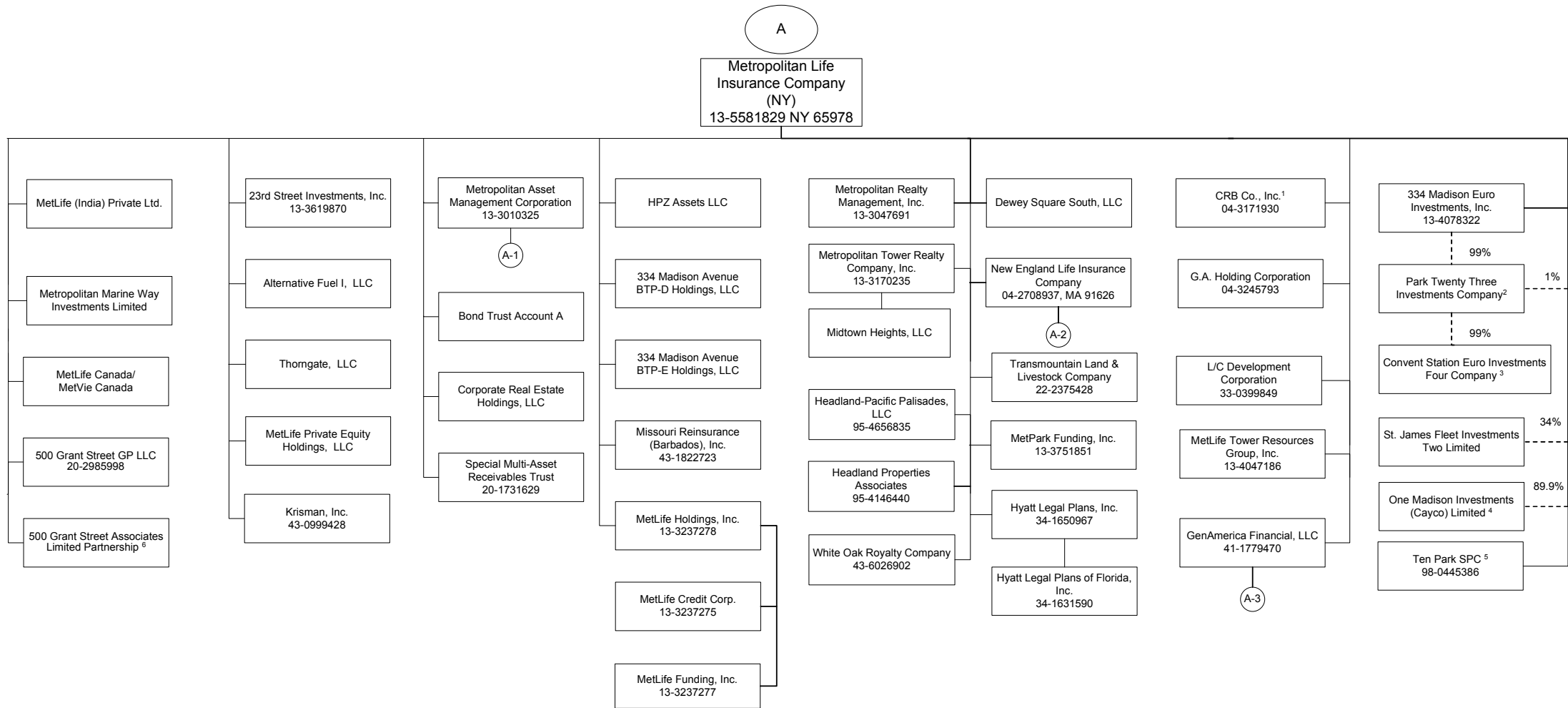
PART 1 - ORGANIZATIONAL CHART



1 97.4738% is owned by MetLife, Inc. and 2.5262% is owned by Metropolitan Asset Management Corporation.
 2 98% is owned by MetLife, Inc., and 2% is owned by MetLife International Holdings, Inc.
 3 98.70541% is owned by MetLife, Inc., 1.27483% is owned by Metropolitan Asset Management Corporation and 0.01976% is owned by MetLife International Holdings, Inc.
 4 99.9999999% is owned by MetLife, Inc. and 0.0000001% is owned by Natiloportem Holdings, Inc.
 5 99.99% is owned by MetLife Chile Inversiones Limitada and 0.01% is owned by MetLife International Holdings, Inc.
 6 99.99% is owned by MetLife Chile Seguros de Vida S.A. and 0.01% is owned by MetLife Chile Inversiones Limitada.

SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

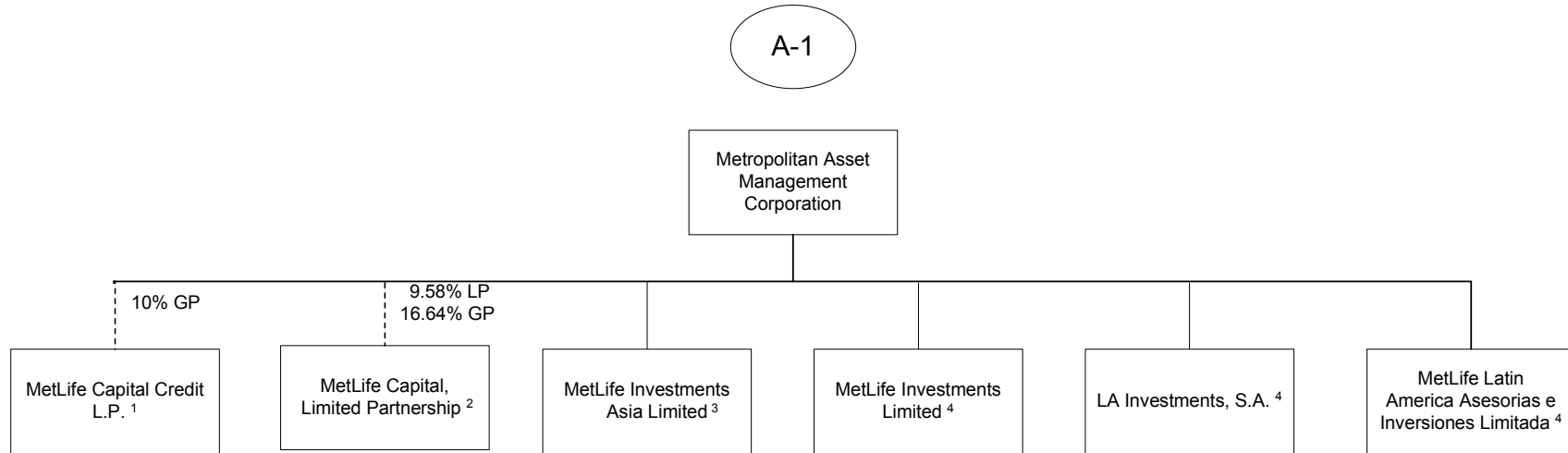
PART 1 - ORGANIZATIONAL CHART



1 AEW Real Estate Advisors, Inc. holds 49,000 preferred non-voting shares and AEW Advisors, Inc. holds 1,000 preferred non-voting shares of CRB, Co., Inc.
 2 1% voting control of Park Twenty Three Investments Company is held by St. James Fleet Investments Two Limited.
 3 1% voting control of Convent Station Euro Investments Four Company is held by 334 Madison Euro Investments, Inc. as nominee for Park Twenty Three Investments Company.
 4 10.1% voting control of One Madison Investments (Cayco) Limited is held by Convent Station Euro Investments Four Company.
 5 1% voting control of Ten Park SPC is held by Metropolitan Asset Management Corporation
 6 99% of 500 Grant Street Associates Limited Partnership is held by Metropolitan Life Insurance Company and 1% by 500 Grant Street GP LLC.

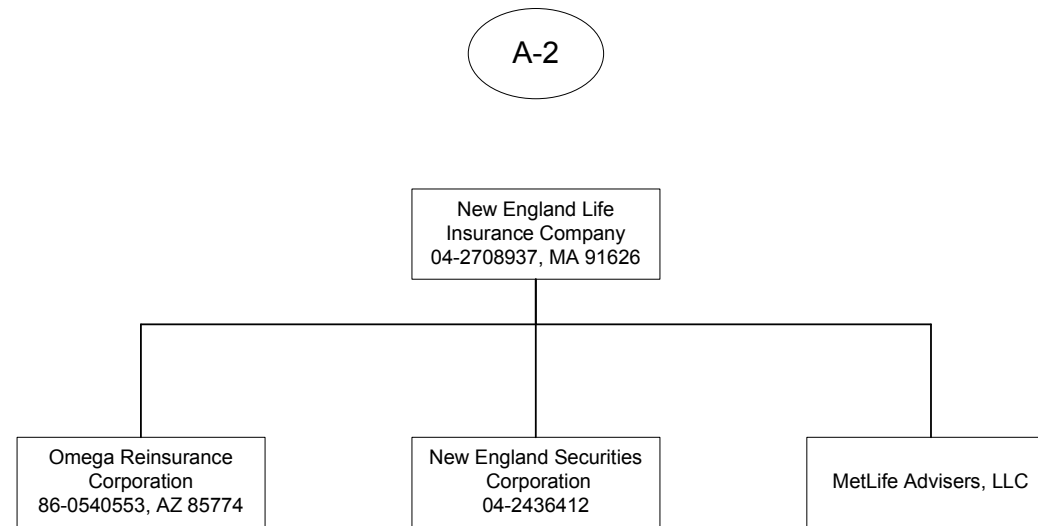
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SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP
PART 1 - ORGANIZATIONAL CHART



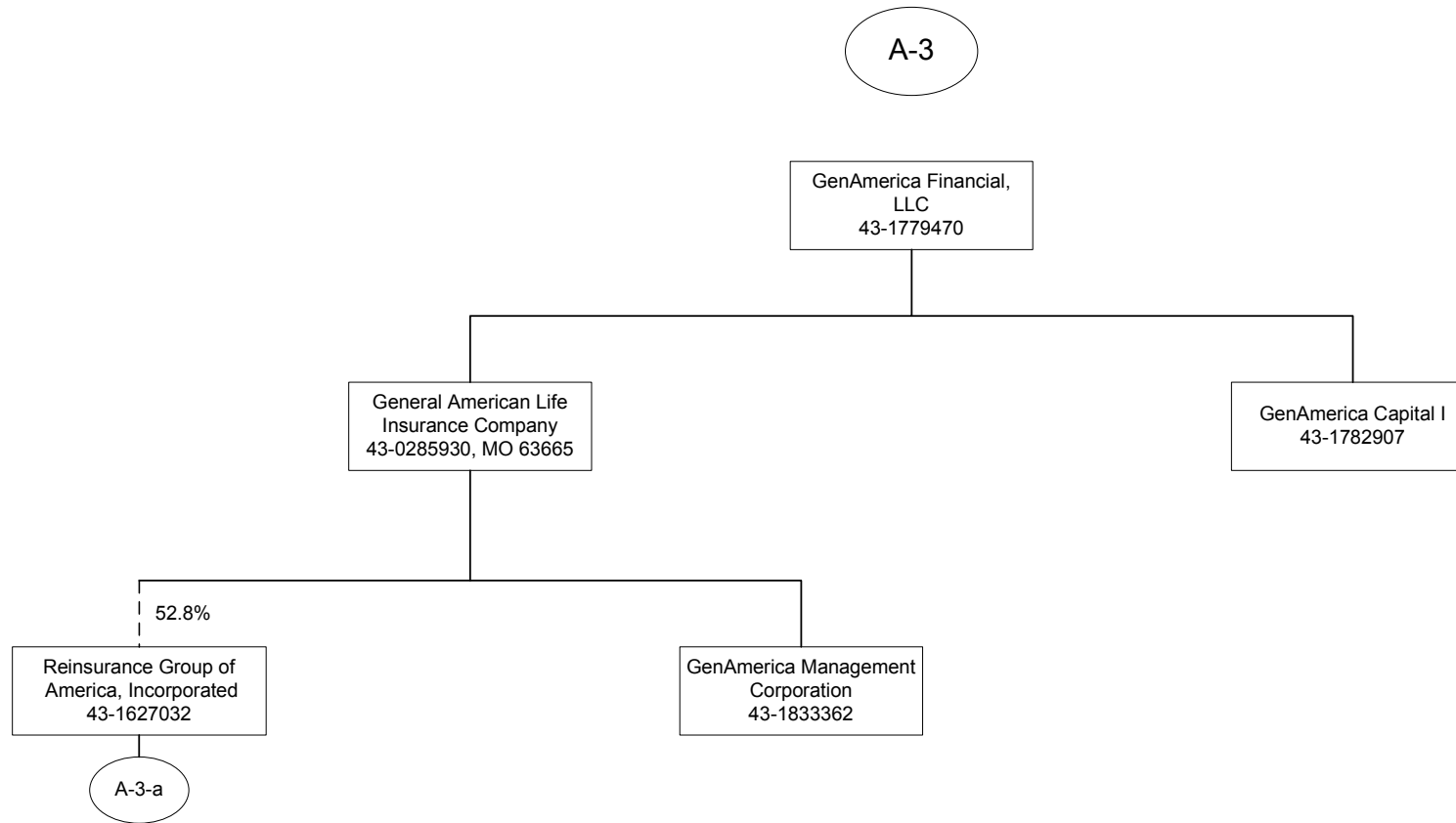
- 1 90% of MetLife Capital Credit L.P. is held directly by Metropolitan Life Insurance Company.
- 2 73.78% Limited Partnership interest held directly by Metropolitan Life Insurance Company.
- 3 One share of MetLife Investments Asia Limited is held by W&C Services, Inc., a nominee of Metropolitan Asset Management Corporation.
- 4 23rd Street Investments, Inc. holds one share of MetLife Investments Limited, and LA Investments, S.A., and 1% of MetLife Latin America Asesorias e Inversiones Limitada.

**SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP
PART 1 - ORGANIZATIONAL CHART**



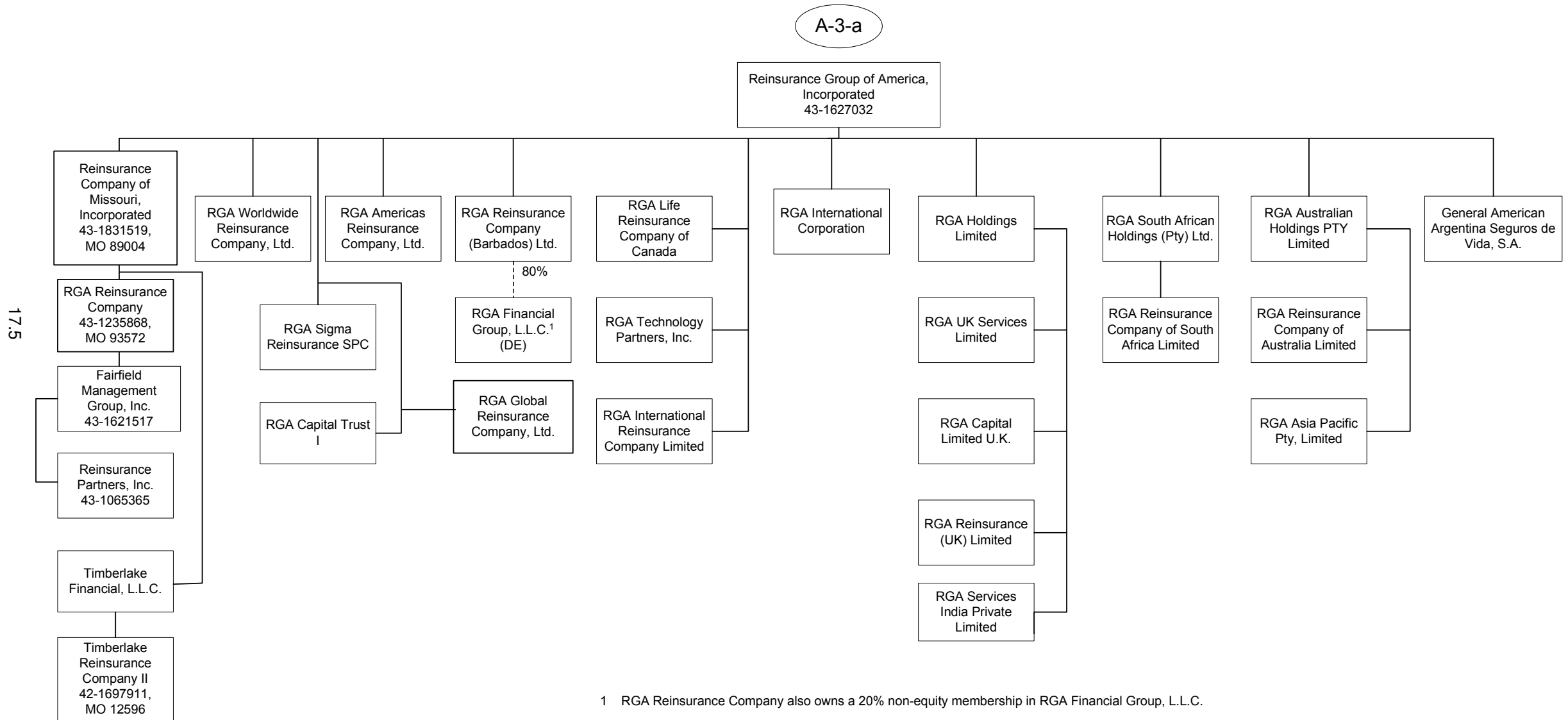
SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART



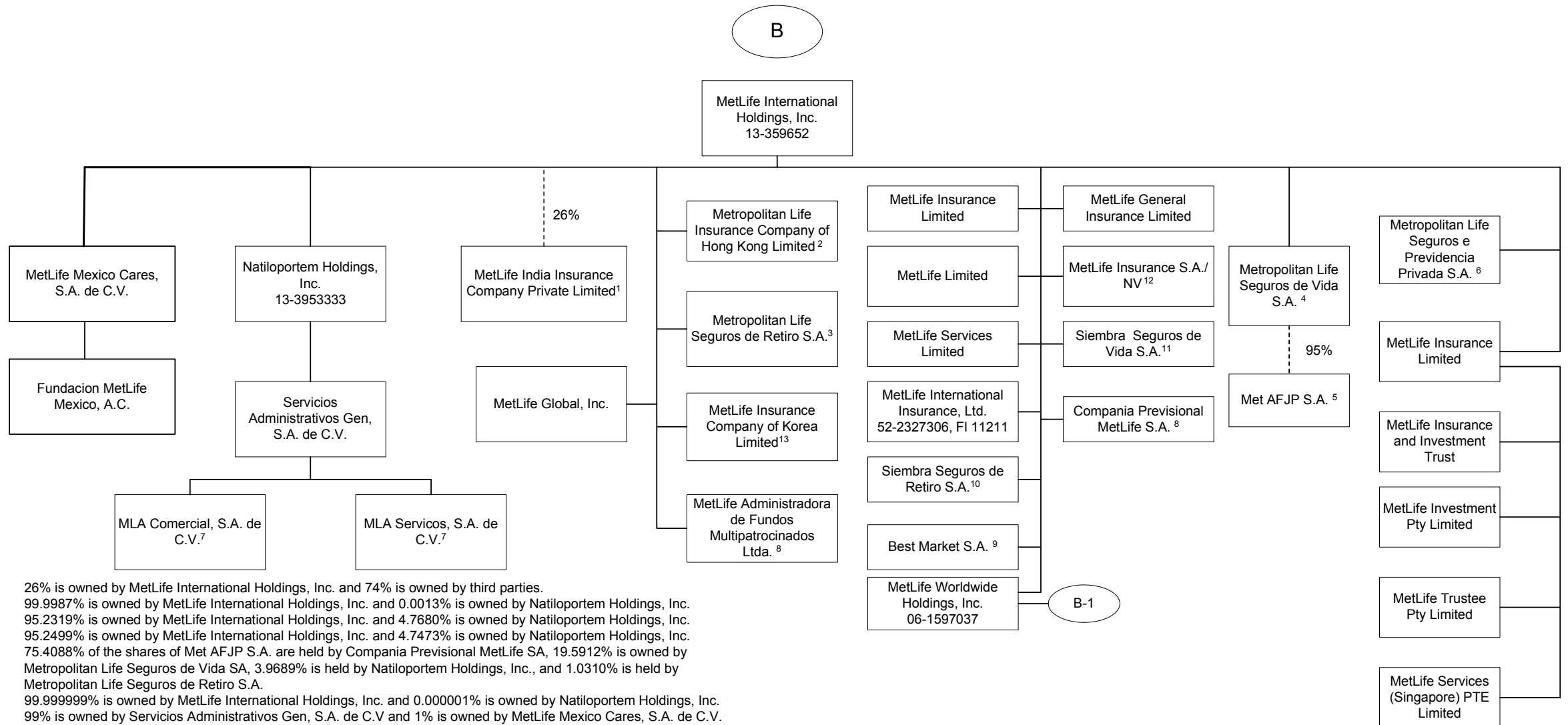
SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART



SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

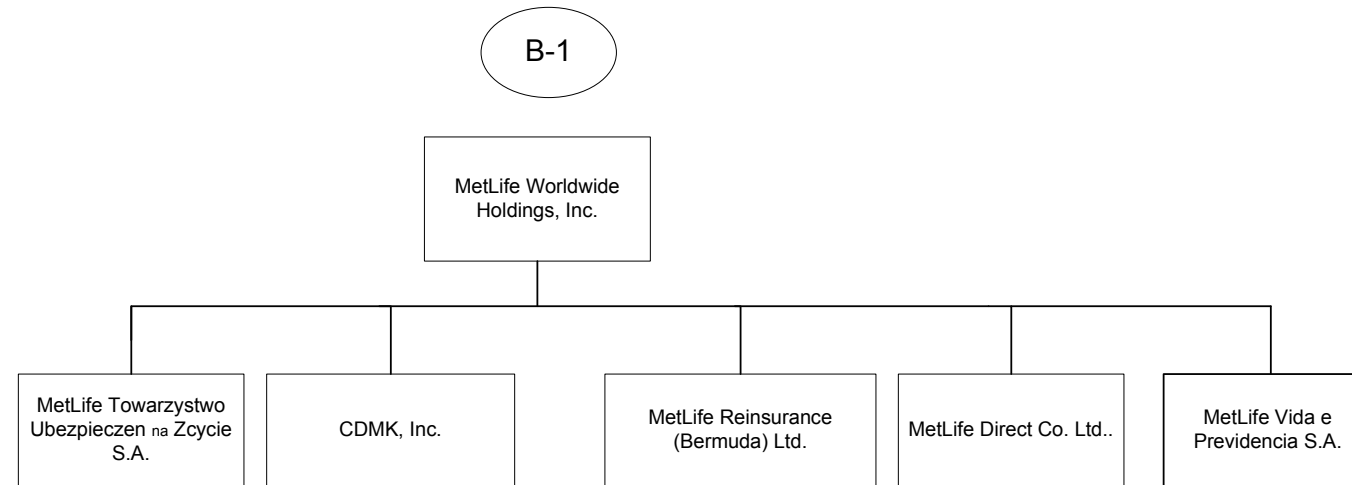
PART 1 - ORGANIZATIONAL CHART



1 26% is owned by MetLife International Holdings, Inc. and 74% is owned by third parties.
 2 99.9987% is owned by MetLife International Holdings, Inc. and 0.0013% is owned by Natiloportem Holdings, Inc.
 3 95.2319% is owned by MetLife International Holdings, Inc. and 4.7680% is owned by Natiloportem Holdings, Inc.
 4 95.2499% is owned by MetLife International Holdings, Inc. and 4.7473% is owned by Natiloportem Holdings, Inc.
 5 75.4088% of the shares of Met AFJP S.A. are held by Compania Previsional MetLife SA, 19.5912% is owned by Metropolitan Life Seguros de Vida SA, 3.9689% is held by Natiloportem Holdings, Inc., and 1.0310% is held by Metropolitan Life Seguros de Retiro S.A.
 6 99.999999% is owned by MetLife International Holdings, Inc. and 0.000001% is owned by Natiloportem Holdings, Inc.
 7 99% is owned by Servicios Administrativos Gen, S.A. de C.V. and 1% is owned by MetLife Mexico Cares, S.A. de C.V.
 8 95.4635% is owned by MetLife International Holdings, Inc. and 4.5364% is owned by Natiloportem Holdings, Inc.
 9 5% of the shares are held by Natiloportem Holdings, Inc., and 94.9999% is owned by MetLife International Holdings, Inc.
 10 96.8819% is owned by MetLife International Holdings, Inc. and 3.1180% is owned by Natiloportem Holdings, Inc.
 11 97.9327% is owned by MetLife International Holdings, Inc. and 2.0672% is owned by Natiloportem Holdings, Inc.
 12 99.9% is owned by MetLife International Holdings, Inc. and 0.1% is owned by third parties.
 13 21.22% of MetLife Insurance Company of Korea Limited is owned by MetLife Mexico, S.A.

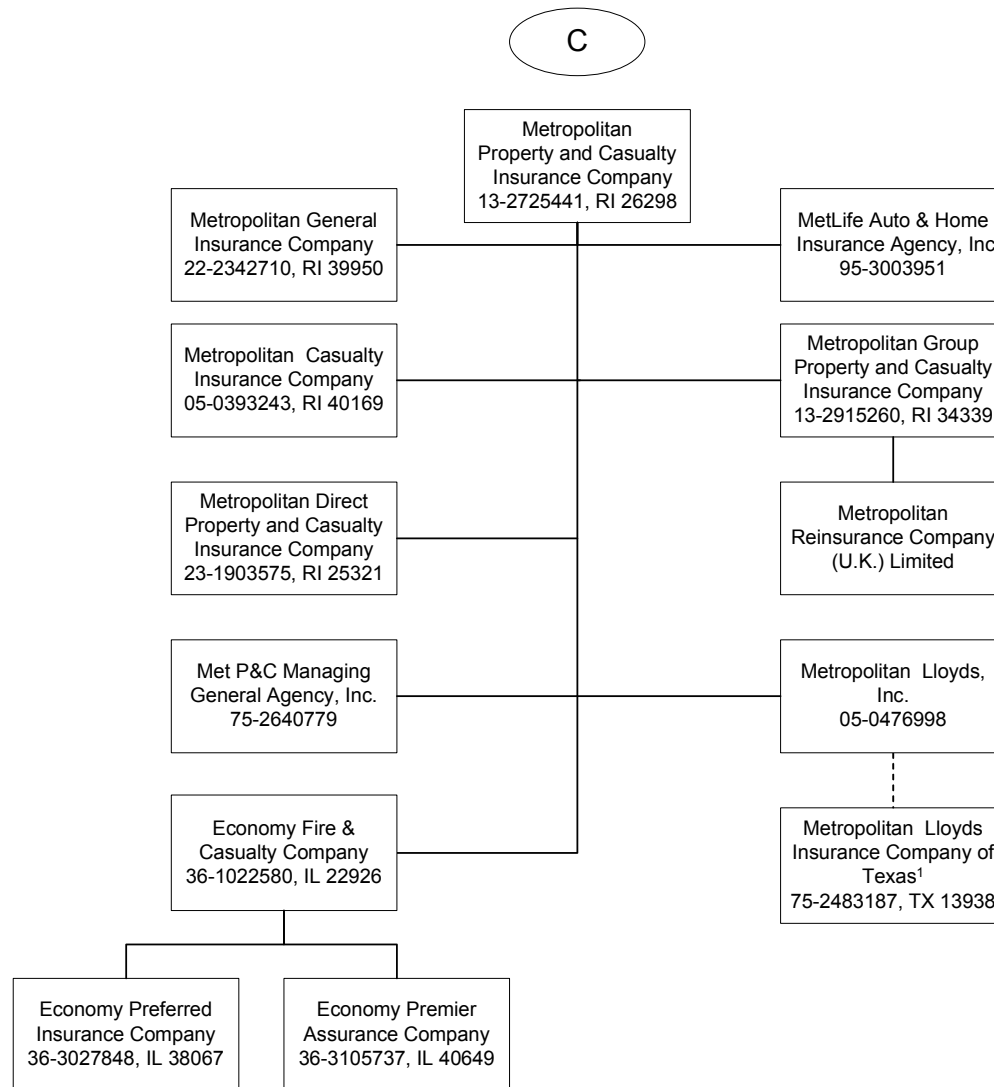
SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART



SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

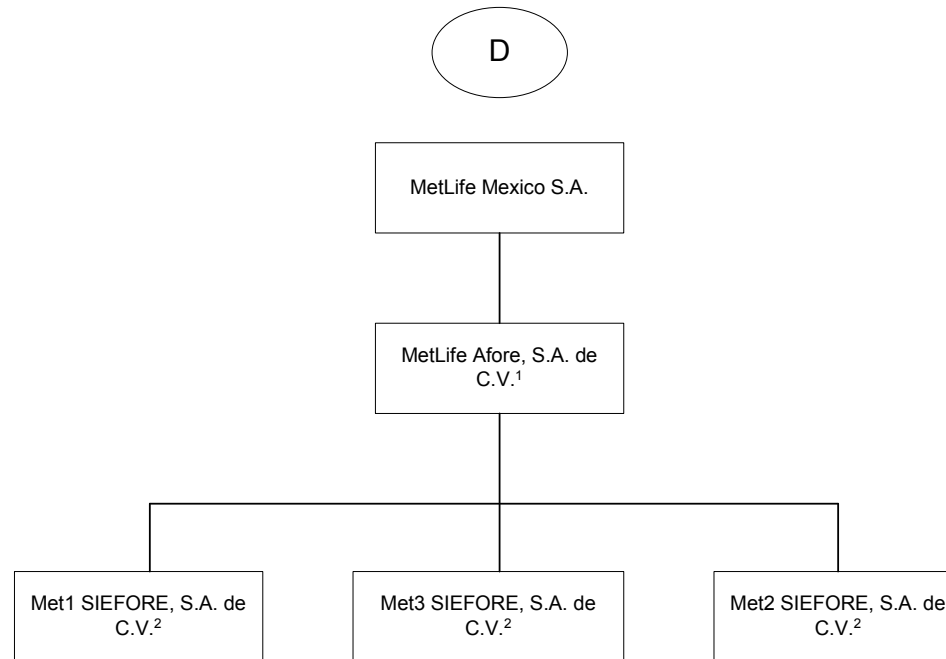
PART 1 - ORGANIZATIONAL CHART



¹ Metropolitan Lloyds Insurance Company of Texas, an affiliated association, provides automobile, homeowner and related insurance for the Texas market. It is an association of individuals designated as underwriters. Metropolitan Lloyds, Inc., a subsidiary of Metropolitan Property and Casualty Insurance Company, serves as the attorney-in-fact and manages the association.

SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART

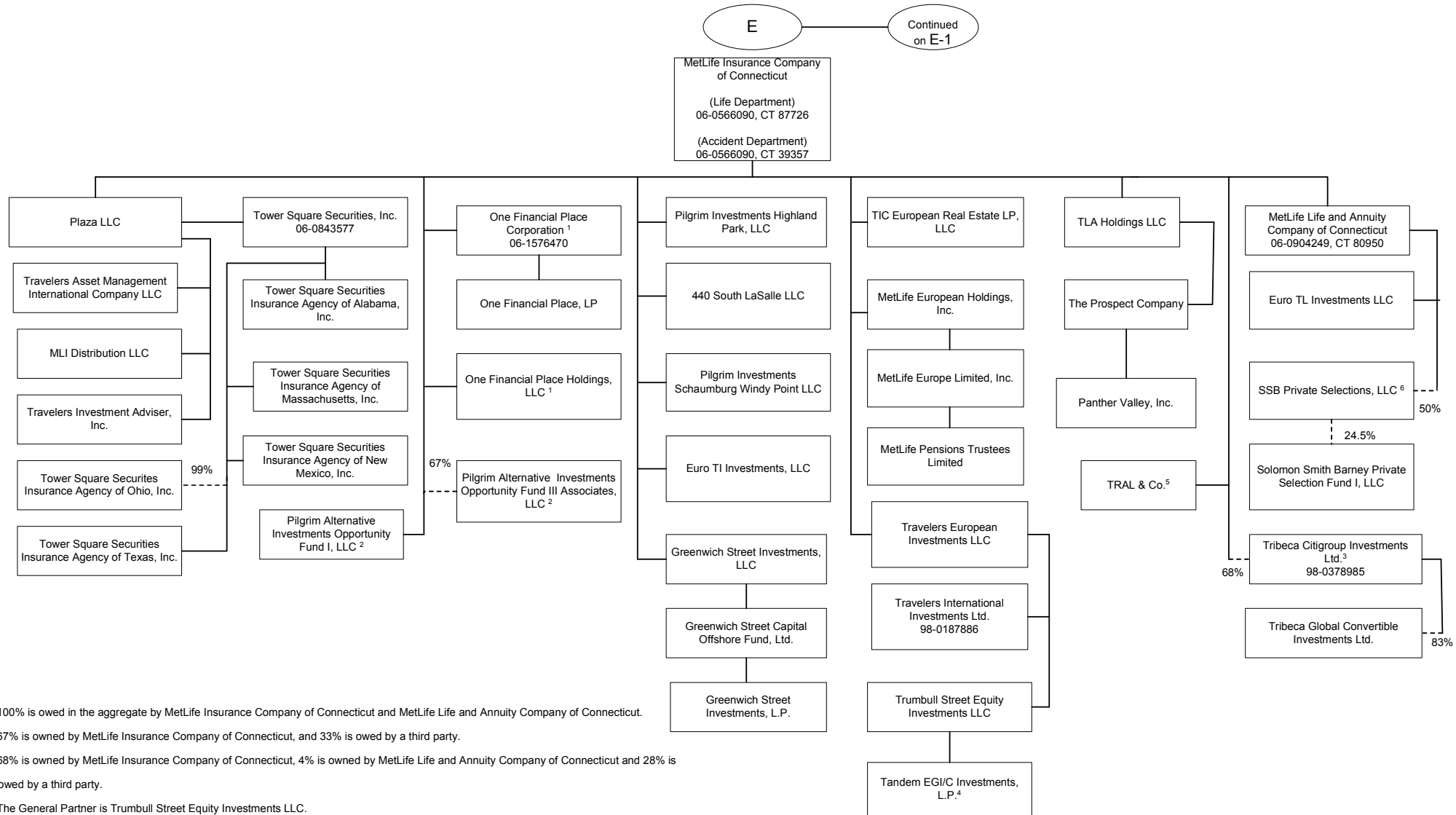


1 99.99% is owned by MetLife Mexico S.A. (Mexico) and .01% is owned by MetLife Pensiones S.A.

2 99.99% is owned by MetLife Afore, S.A. de C.V. and .01% is owned by MetLife Mexico S.A. (Mexico)

SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART



1 100% is owed in the aggregate by MetLife Insurance Company of Connecticut and MetLife Life and Annuity Company of Connecticut.

2 67% is owned by MetLife Insurance Company of Connecticut, and 33% is owed by a third party.

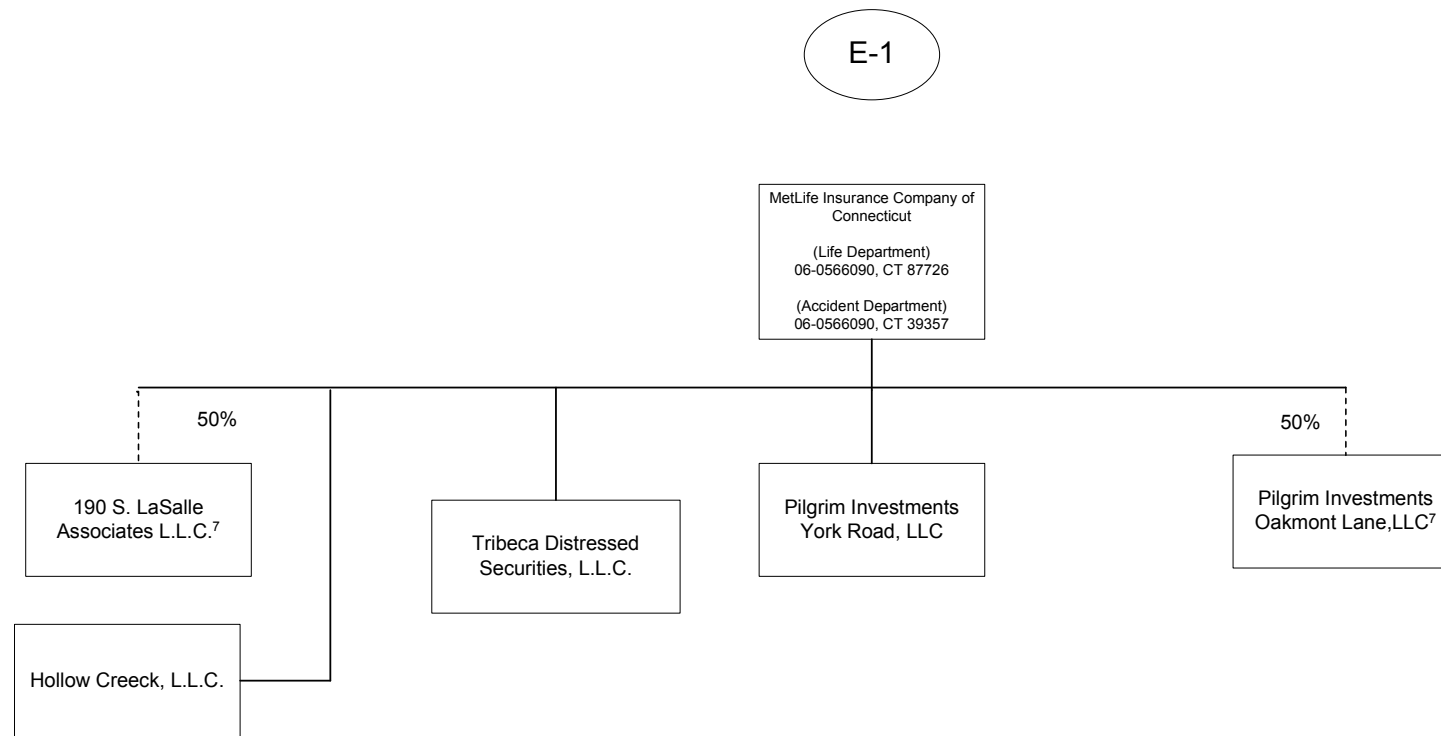
3 68% is owned by MetLife Insurance Company of Connecticut, 4% is owned by MetLife Life and Annuity Company of Connecticut and 28% is owed by a third party.

4 The General Partner is Trumbull Street Equity Investments LLC.

5 TRAL & Co. is a general partnership. Its partners are MetLife Insurance Company of Connecticut and MetLife Life and Annuity Company of Connecticut.

6 SSB Private Selection LLC ("SSB") is 45% owned by MetLife Insurance Company of Connecticut and 5% owned by MetLife Life and Annuity Company of Connecticut (the remaining 50% of SSB is owned by a third party). The capital commitment of SSB in Solomon Smith Barney Private Selection Fund I, LLC represents 24.5% of total commitments.

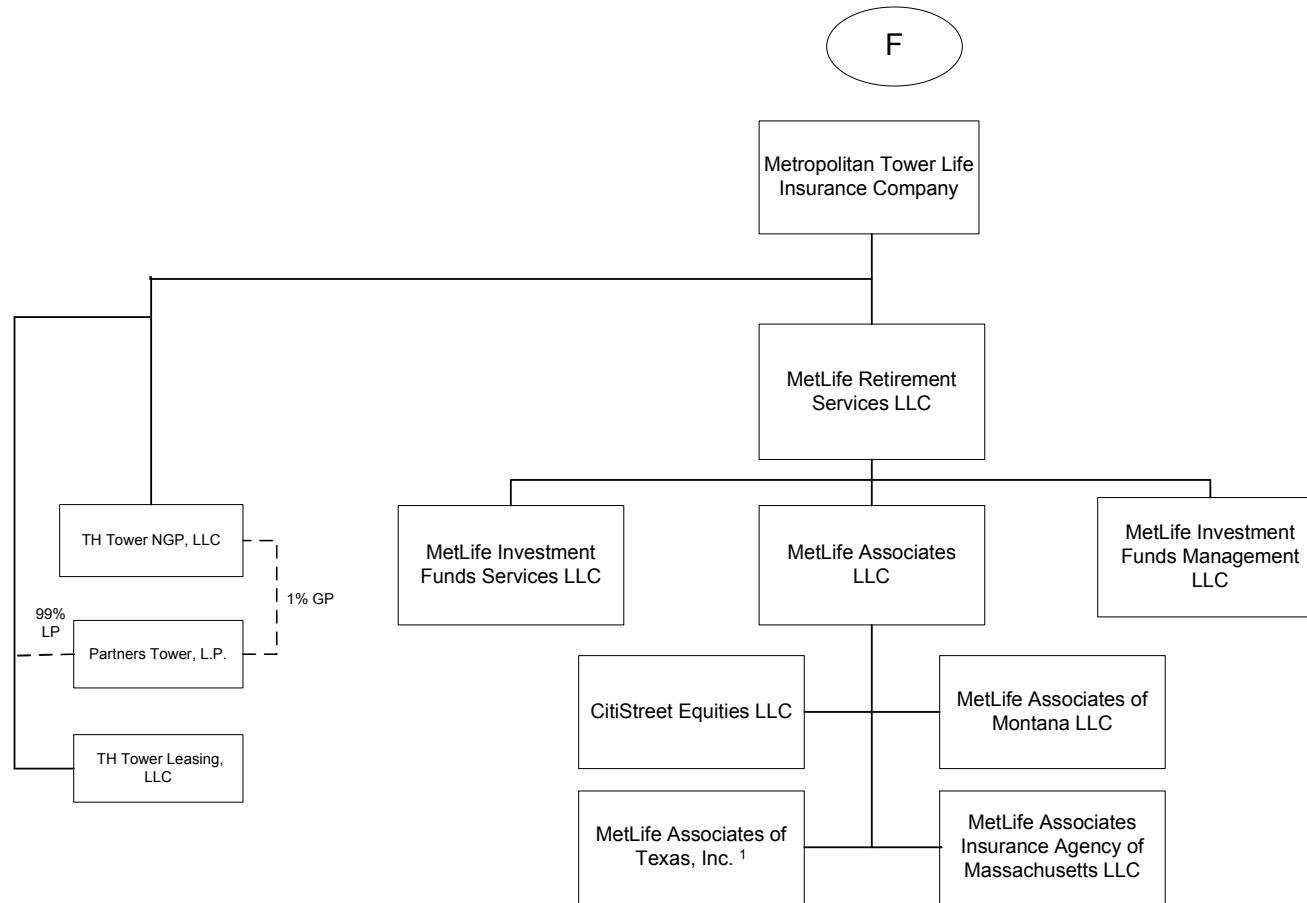
SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP
PART 1 - ORGANIZATIONAL CHART



7. The other 50% is owned by a third party.

SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART



1 All outstanding shares of voting stock (the "Shares") of MetLife Associates of Texas, Inc. ("MAT") are owned by a MetLife employee who is a resident of Texas (the "Employee Shareholder"). The employee Shareholder, along with MAT and MetLife Associates LLC ("Associates"), are parties to a Close Corporation Agreement. The Close Corporation Agreement contains, among other provisions, (i) restrictions on transfer of the Shares that effectively give Associates the power to control the disposition of the Shares, and (ii) provisions requiring the Employee Shareholder to elect as directors of MAT the individuals recommended by Associates.

SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART

The voting securities (excluding directors' qualifying shares, if any) of each subsidiary shown on the organizational chart are 100% owned by their respective parent corporation, unless otherwise indicated.

In addition to the entities shown on the organizational chart, MetLife, Inc. (or where indicated, a subsidiary) also owns interests in the following entities:

1) Metropolitan Life Insurance Company owns varying interests in certain mutual funds distributed by its affiliates. These ownership interests are generally expected to decrease as shares of the funds are purchased by unaffiliated investors.

2) Metropolitan Life Insurance Company indirectly owns 100% of the non-voting preferred stock of Nathan and Lewis Associates Ohio, Incorporated, an insurance agency. 100% of the voting common stock of this company is held by an individual who has agreed to vote such shares at the direction of N.L. HOLDING CORP. (DEL), a direct wholly owned subsidiary of MetLife, Inc.

3) Mezzanine Investment Limited Partnerships ("MILPs"), Delaware limited partnerships, are investment vehicles through which investments in certain entities are held. A wholly owned subsidiary of Metropolitan Life Insurance Company serves as the general partner of the limited partnerships and Metropolitan Life Insurance Company directly owns a 99% limited partnership interest in each MILP. The MILPs have various ownership and/or debt interests in certain Companies.

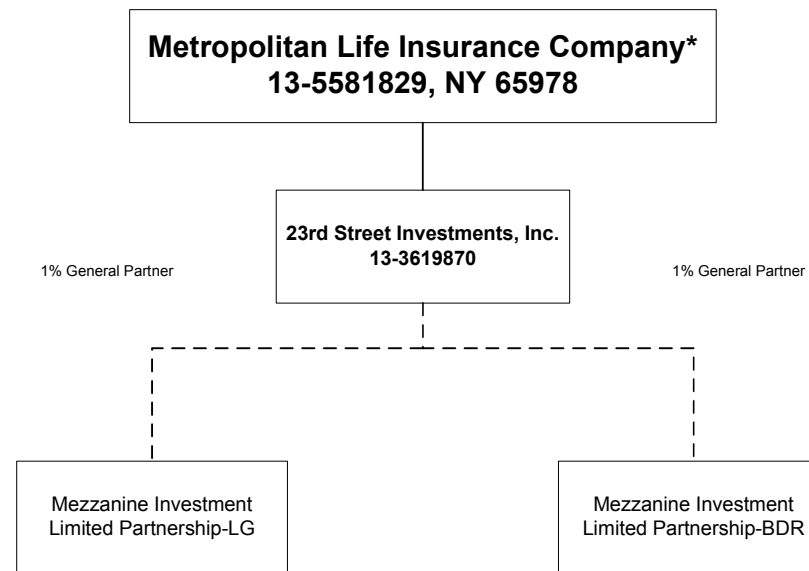
4) New England Life Insurance Company ("NELICO"), owns 100% of the voting stock of Omega Reinsurance Corporation. NELICO does not have a financial interest in this subsidiary.

5) The Metropolitan Money Market Pool and MetLife Intermediate Income Pool are pass-through investments pools, of which Metropolitan Life Insurance Company and/or its subsidiaries and/or affiliates are general partners.

NOTE: THE METLIFE, INC. ORGANIZATIONAL CHART DOES NOT INCLUDE REAL ESTATE JOINT VENTURES AND PARTNERSHIPS OF WHICH METLIFE, INC. AND/OR ITS SUBSIDIARIES IS AN INVESTMENT PARTNER. IN ADDITION, CERTAIN INACTIVE SUBSIDIARIES HAVE ALSO BEEN OMITTED.

SCHEDULE Y - INFORMATION CONCERNING ACTIVITIES OF INSURER MEMBERS OF A HOLDING COMPANY GROUP

PART 1 - ORGANIZATIONAL CHART



*Metropolitan Life Insurance Company holds a 99% limited partnership interest in each of the Mezzanine Investments Limited Partnerships.

The voting securities (excluding directors' qualifying shares (if any)) of each subsidiary shown in this organizational chart are 100% owned by their respective parent entity, unless otherwise indicated.

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT
SUPPLEMENTAL EXHIBITS AND SCHEDULES INTERROGATORIES

The following supplemental reports are required to be filed as part of your statement filing. However, in the event that your company does not transact the type of business for which the special report must be filed, your response of NO to the specific interrogatory will be accepted in lieu of filing a "NONE" report and a bar code will be printed below. If the supplement is required of your company but is not being filed for whatever reason enter SEE EXPLANATION and provide an explanation following the interrogatory questions.

	Response
1. Will the Trusteed Surplus Statement be filed with the state of domicile and the NAIC with this statement?	NO

Explanation:

1.

Bar Code:



Trusteed Surplus Statement [Document Identifier 490]

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT
OVERFLOW PAGE FOR WRITE-INS

Schedule A - Part 2

NONE

Schedule A - Part 3

NONE

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE B - PART 1

Showing All Mortgage Loans ACQUIRED During the Current Quarter

1 Loan Number	Location		4 Loan Type	5 Actual Cost	6 Date Acquired	7 Rate of Interest	8 Book Value/Recorded Investment Excluding Accrued Interest	9 Increase (Decrease) by Adjustment	10 Increase (Decrease) by Foreign Exchange Adjustment	11 Value of Land and Buildings	12 Date of Last Appraisal or Valuation
	2 City	3 State									
Farm Mortgages											
185565	UNDEFINED	FL		150,000	04/08/2005	5.920	150,000			1,511,944	05/10/2006
185566	UNDEFINED	FL		250,000	04/08/2005	5.940	250,000			673,567	05/10/2006
0199999. Mortgages in good standing - Farm Mortgages				400,000	XXX	XXX	400,000			2,185,511	XXX
Coml Mtgs-All Other											
390023	WESTMORLAND	CA		24,972	05/01/1996	8.550	24,972			90,359	05/01/2003
701914	WASHINGTON	DC		4,495,500	06/05/2006	5.930	4,500,000			6,245,552	06/01/2006
560175	DALLAS	TX		1,999,582	06/15/2006	6.020	2,000,000			2,683,363	06/01/2006
701918	SPRING	TX		966,130	06/30/2006	5.914	1,000,000			1,431,737	06/30/2006
0599999. Mortgages in good standing - Commercial mortgages-all other				7,486,184	XXX	XXX	7,524,972			10,451,011	XXX
0899999. Total Mortgages in good standing				7,886,184	XXX	XXX	7,924,972			12,636,522	XXX
1699999. Total - Restructured Mortgages					XXX	XXX					XXX
2499999. Total - Mortgages with overdue interest over 90 days					XXX	XXX					XXX
3299999. Total - Mortgages in the process of foreclosure					XXX	XXX					XXX
9999999 - Totals				7,886,184	XXX	XXX	7,924,972			12,636,522	XXX

SCHEDULE B - PART 2

Showing All Mortgage Loans SOLD, Transferred or Paid in Full During the Current Quarter

1 Loan Number	Location		4 Loan Type	5 Date Acquired	6 Book Value/Recorded Investment Excluding Accrued Interest Prior Year	7 Increase (Decrease) by Adjustment	8 Increase (Decrease) by Foreign Exchange Adjustment	9 Book Value/Recorded Investment Excluding Accrued Interest at Disposition	10 Consideration Received	11 Foreign Exchange Profit (Loss) on Sale	12 Realized Profit (Loss) on Sale	13 Total Profit (Loss) on Sale
	2 City	3 State										
Mortgages Closed by Repayment												
185539	NAPA	CA		10/15/2002	9,296,250			9,296,250	9,296,250			
390029	ROSEMONT	IL		01/01/1997	4,264,212			4,040,439	4,040,439			
390065	BOSTON	MA		06/01/2004	85,363			38,362	38,362			
0199999. Mortgages closed by repayment					13,645,825			13,375,052	13,375,052			
9999999 - Totals					13,645,825			13,375,052	13,375,052			

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE BA - PART 1

Showing Other Long-Term Invested Assets Acquired During the Current Quarter

1 CUSIP Identification	2 Name or Description	Location		5 Name of Vendor or General Partner	6 NAIC Designation	7 Date Originally Acquired	8 Type and Strategy	9 Actual Cost	10 Amount of Encum- brances	11 Book/ Adjusted Carrying Value Less Encum- brances	12 Fair Value	13 Increase (Decrease) by Adjustment	14 Increase (Decrease) by Foreign Exchange Adjustment	15 Commit- ment for Additional Investment	16 Perce- ntage of Own- ership
		3 City	4 State												
NONE															
3399999 - Totals															XXX

SCHEDULE BA - PART 2

Showing Other Long-Term Invested Assets SOLD, Transferred or Paid in Full During the Current Quarter

1 CUSIP Identification	2 Name or Description	Location		5 Name of Purchaser or Nature of Disposal	6 Date Originally Acquired	7 Book/Adjusted Carrying Value Less Encumbrances, Prior Year	8 Increase (Decrease) by Adjustment	9 Increase (Decrease) by Foreign Exchange Adjustment	10 Book/Adjusted Carrying Value Less Encumbrances on Disposal	11 Consideration Received	12 Foreign Exchange Gain (Loss) on Disposal	13 Realized Gain (Loss) on Disposal	14 Total Gain (Loss) on Disposal	15 Investment Income
		3 City	4 State											
59219#-10-9	Money Market Pools	New York	NY	Various	09/30/2005	1,876,298			1,876,298	1,876,298				1,573,702
0899999. Fixed or Variable Rate - Bonds - Affiliated						1,876,298			1,876,298	1,876,298				1,573,702
	TV105B - ADVANCED TECHNOLOGY VENTURES III, A DELAWARE LP	Waltham	MA	Advanced Technology Ventures III Delaware LP	03/30/1989		25,802		25,802			(25,802)	(25,802)	
1599999. Joint Venture Interests - Common Stock - Unaffiliated							25,802		25,802			(25,802)	(25,802)	
	638671AE7 - Nationwide Mutual Insurance	Hartford	CT	Various	07/01/2005	59,817				59,817		59,817	59,817	57,160
2199999. Surplus Debentures, etc - Unaffiliated						59,817				59,817		59,817	59,817	57,160
3199999. Total - Unaffiliated						59,817	25,802		25,802	59,817		34,015	34,015	57,160
3299999. Total - Affiliated						1,876,298			1,876,298	1,876,298				1,573,702
3399999 - Totals						1,936,115	25,802		1,902,100	1,936,115		34,015	34,015	1,630,862

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 3

Show All Long-Term Bonds and Stock Acquired by the Company During the Current Quarter

1	2	3	4	5	6	7	8	9	10
CUSIP Identification	Description	Foreign	Date Acquired	Name of Vendor	Number of Shares of Stock	Actual Cost	Par Value	Paid for Accrued Interest and Dividends	NAIC Designation or Market Indicator (a)
912833-KB-5	S 0 11/15/13		.05/16/2006	BEAR, STEARNS & CO., INC.		45,250,920	66,000,000		1
912803-CG-6	SP 0 08/15/29		.04/27/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		4,976,489	17,000,000		1
912803-AP-8	SP 0 11/15/18		.05/19/2006	DEUTSCHE BANK (U K)		20,375,550	39,000,000		1
912828-EW-6	T 4 1/2 02/15/16		.05/10/2006	VARIOUS		29,751,406	31,000,000	281,561	1
0399999. Bonds - U.S. Governments									
283875-AN-2	EL SALVADOR, REPUBLIC OF	F.	.04/19/2006	MORGAN J P SEC INC.		100,148	100,000	2,784	3FE
718286-BB-2	PHILIPPINES, REPUBLIC OF	F.	.04/26/2006	VARIOUS		1,313,875	1,300,000	29,838	3FE
040114-GK-0	REPUBLIC OF ARGENTINA 12/38	F.	.04/25/2006	VARIOUS		151,700	400,000	259	4FE
715638-AP-7	REPUBLIC OF PERU	F.	.04/20/2006	VARIOUS		339,350	300,000	11,035	3FE
917288-BC-5	URUGUAY, REPUBLIC OF	F.	.05/04/2006	MORGAN STANLEY & CO. INC		309,750	300,000	11,400	4FE
1099999. Bonds - All Other Governments									
3128M1-AB-5	FHLMC 5.000% G11902		.04/04/2006	CITICORP SECURITIES INC		8,084,475	8,294,428	19,584	1
3133TU-YS-1	FHR 2353 AZ		.06/01/2006	CAPITALIZED INTEREST		98,673	98,673		1
31392R-E3-1	FHR 2469 Z		.06/01/2006	CAPITALIZED INTEREST		37,549	37,549		1
31392U-TM-6	FHR 2502 ZC		.06/01/2006	CAPITALIZED INTEREST		120,823	120,823		1
31359M-S6-1	FNMA 5 3/8 07/15/16		.06/26/2006	MERRILL LYNCH		9,815,150	10,000,000	17,917	1
314020-YZ-8	FNMA 5.500% 735228		.03/10/2006	MERRILL LYNCH		(11,454)	(11,454)	1,362	1
3199999. Bonds - Special Revenues									
125896-AV-2	CMS ENERGY CORP 7.75% 8/1/2010		.05/18/2006	MORGAN STANLEY & CO. INC		616,500	600,000	14,467	3FE
29250N-AA-3	ENBRIDGE INC 4.9% 3/1/15	F.	.06/26/2006	MORGAN J P SEC INC.		3,643,362	3,950,000	63,441	1FE
485134-BH-2	KANSAS CITY POWER & LT 6.05% 11/15/35		.05/22/2006	Exchanged		2,027,650	2,000,000	2,353	1FE
59562H-AJ-7	MIDAMERICAN FUNDING LLC		.04/27/2006	UBS SECURITIES INC.		3,202,290	3,000,000	35,212	1FE
641423-BG-0	NEVADA POWER CO 6.5% 5/15/2018		.05/09/2006	BANK OF NEW YORK		1,196,436	1,200,000		3FE
665772-CB-3	NORTHERN STATE PWR 6.25% 6/1/2036		.05/18/2006	UBS SECURITIES INC.		4,982,450	5,000,000		1FE
826428-AN-4	SIERRA PACIFIC RESOURCES		.04/13/2006	Exchanged		1,000,000	1,000,000	10,875	4FE
24570F-AA-4	SOUTH CA EDISON CO MONETIZATION CONTRAC		.01/01/2006	CAPITALIZED INTEREST		21,876	21,876		2
89352H-AB-5	TRANS-CANADA PIPELINES 5.85% 3/115/36	F.	.04/19/2006	MORGAN STANLEY & CO. INC		2,092,552	2,200,000	12,155	1FE
893570-BV-2	TRANSCONT GAS PIPE CORP 6.4% 4/15/2016		.04/06/2006	UBS SECURITIES INC.		201,000	200,000		3FE
873168-AL-2	TXU CORP 5.55% 11/15/14		.04/25/2006	CITICORP SECURITIES INC		1,306,816	1,400,000	35,181	3FE
95709T-AA-8	WESTAR ENERGY INC NT		.06/26/2006	BANK OF AMERICA		493,545	500,000	14,833	2FE
3899999. Bonds - Public Utilities									
002824-AT-7	ABBOTT LABORATORIES 5.875% 5/15/2016		.05/09/2006	MORGAN STANLEY & CO. INC		1,998,200	2,000,000		1FE
001669-AZ-3	AMC ENTERTAINMENT INC 11% 2/1/2016		.06/14/2006	Exchanged		197,000	197,000	8,307	5FE
05329W-AF-9	AUTONATION INC 7% 4/15/2014		.04/05/2006	MORGAN J P SEC INC.		100,000	100,000		3FE
053773-AB-3	AVIS BUDGET CAR RENTAL 7.75% 5/15/2016		.04/11/2006	MORGAN J P SEC INC.		600,000	600,000		3FE
058498-AL-0	BALL CORP 6.625% 3/15/2018		.05/23/2006	Internal Asset Transfer Market		527,313	550,000	5,668	3FE
059520-AA-4	BANCO DE CHILE 6.25% 6/15/16	F.	.06/12/2006	DEUTSCHE BANK (U K)		9,974,300	10,000,000		2FE
06985P-AA-8	BASIC ENERGY SERVICES 7.125% 4/15/2016		.04/17/2006	UBS SECURITIES INC.		799,750	800,000	158	4FE
054937-AE-7	BB&T CORP SUB NT		.04/12/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		671,209	700,000	11,628	1FE
073902-KF-4	BEAR STEARNS CO INC 5.3% 10/30/15		.06/27/2006	BEAR, STEARNS & CO., INC.		1,882,620	2,000,000	17,667	1FE
07387B-EB-5	BSCMS 2005-PW10 A4		.04/20/2006	GREENWICH CAPITAL MARKETS, INC		3,422,617	3,500,000	12,612	1FE
163893-AA-8	CHEMURA CORP 6.875% 6/1/2016		.04/19/2006	FIRST BOSTON CORPORATION		696,164	700,000		3FE
171340-AF-9	CHURCH & DWIGHT CO		.06/12/2006	MORGAN J P SEC INC.		475,000	500,000		4FE
17275R-AC-6	CISCO SYSTEMS INC 5.5% 2/22/16		.06/29/2006	CITICORP SECURITIES INC		477,020	500,000	10,160	1FE
125581-AZ-1	CIT GROUP INC 5.6% 4/27/11		.04/24/2006	MERRILL LYNCH		4,998,500	5,000,000		1FE
14041G-CU-8	COAFT 2006-A A3		.04/25/2006	BARCLAYS BANK OF NY		9,999,309	10,000,000		1FE
076990-00-1	COATES HIRE LIMITED 6.080% 06/29/18	F.	.06/30/2006	MORGAN J P SEC INC.		2,000,000	2,000,000		1Z
12479B-AA-0	COMMONWEALTH BANK AUST 6.024% 3/29/49	F.	.05/02/2006	MORGAN STANLEY & CO. INC		2,928,840	3,000,000	25,100	1FE
204755-AB-8	COMPTON PETROLEUM CORP 7.625% 12/1/2013	F.	.06/16/2006	Exchanged		100,228	100,000	318	4FE
222074-AB-2	COUCHE-TARD US/FINANCE		.06/06/2006	FIRST BOSTON CORPORATION		1,010,000	1,000,000	36,250	4FE
225458-DM-7	CSFB 2005-C1 A4		.05/11/2006	FIRST BOSTON CORPORATION		9,476,953	10,000,000	20,892	1FE
126694-PU-6	CIHL 2005-28 A14		.06/01/2006	CAPITALIZED INTEREST		226,138	226,138		1FE
242370-AA-2	DEAN FOODS CO 7% 6/1/2016		.05/17/2006	VARIOUS		1,934,550	1,950,000	681	3FE
28140J-AA-8	EDUCATION MANAGEMENT LLC 8.75% 6/1/14		.05/19/2006	FIRST BOSTON CORPORATION		1,700,000	1,700,000		5FE
29078E-AC-9	EMBARQ CORP 6.738% 6/1/2013		.05/24/2006	MORGAN STANLEY & CO. INC		502,890	500,000	1,217	2FE
29078E-AA-3	EMBARQ CORP 7.995% 6/1/2036		.05/12/2006	BEAR, STEARNS & CO., INC.		1,499,895	1,500,000	666	2FE
32051G-C9-4	FHASI 2005-7 A11		.06/09/2006	UBS SECURITIES INC.		4,568,750	5,000,000	9,931	1FE
31746*-BF-0	FINANCIAL FEDERAL CREDIT INC 5.450% 03/2		.05/24/2006	MORGAN J P SEC INC.		1,000,000	1,000,000		2FE
35687M-AF-4	FREESCALE SEMICONDUCTOR 7.125% 7/15/2014		.04/28/2006	MORGAN STANLEY & CO. INC		515,000	500,000	10,688	3FE
368287-AA-6	GAZPROM 9.625% 3/1/2013	F.	.06/02/2006	DEUTSCHE BANK (U K)		468,750	400,000	10,267	3FE
437076-AP-7	HOME DEPOT INC 5.4% 3/1/2016		.06/21/2006	MORGAN STANLEY & CO. INC		9,578,500	10,000,000	138,000	1FE
44333#-AA-0	HUB INTERNATIONAL LIMITED 5.710% 04/04/1		.04/06/2006	Exchanged		615,968	600,000	10,564	2Z

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 3

Show All Long-Term Bonds and Stock Acquired by the Company During the Current Quarter

1	2	3	4	5	6	7	8	9	10
CUSIP Identification	Description	Foreign	Date Acquired	Name of Vendor	Number of Shares of Stock	Actual Cost	Par Value	Paid for Accrued Interest and Dividends	NAIC Designation or Market Indicator (a)
46625Y-JF-1	JPMCC 2005-CB11 A4		.04/19/2006	CITICORP SECURITIES INC		6,809,961	7,000,000	23,859	1FE
495724-AB-5	KINGFISHER PLC 6.300% 05/24/16	F.	.05/24/2006	DEUTSCHE MORGAN GRENFELL		10,000,000	10,000,000		2Z
502413-AL-1	L-3 COMMUNICATIONS CORP		.04/18/2006	BANK OF AMERICA		195,000	200,000	3,267	3FE
513075-AM-3	LAMAR MEDIA CORP 6.625% 8/15/15		.04/06/2006	BANK OF AMERICA		197,750	200,000	2,061	4FE
57935F-AA-7	LHOIST GROUP 6.090% 05/04/09	F.	.05/12/2006	LEHMAN BROTHERS KUHN LOEB INC. 1270		2,028,380	2,000,000		2
534187-AR-0	LINCOLN NATIONAL CORP 6.15% 4/7/36		.04/07/2006	MORGAN STANLEY & CO. INC		10,878,760	11,000,000	5,125	1FE
627914-AA-2	MUTUAL FUND FEE TRUST X1 2000-1		.06/30/2006	CAPITAL CONTRIBUTION		(1,725)	(1,725)		1FE
62827E-AA-8	MUTUAL FUND FEE TRUST X11 2000-2		.06/30/2006	CAPITAL CONTRIBUTION		.122			5FE
652482-BL-3	NEWS AMERICA INC 6.4% 12/15/35		.06/15/2006	Exchanged		14,974,500	15,000,000		2FE
737415-AJ-8	POST APARTMENT HOMES LP 6.3% 6/1/13		.05/31/2006	FIRST UNION SECURITIES INC		1,996,000	2,000,000		2FE
77531Q-AM-0	ROGERS WIRELESS INC 7.5% 3/15/2015	F.	.06/13/2006	MORGAN STANLEY & CO. INC		209,863	200,000	3,905	3FE
780153-AP-7	ROYAL CARIBBEAN CRUISES	F.	.05/04/2006	MORGAN STANLEY & CO. INC		202,900	200,000	6,035	3FE
780153-AR-3	ROYAL CARIBBEAN CRUISES 7.25% 6/15/2016	F.	.06/07/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		1,993,800	2,000,000		3FE
828807-BR-7	SIMON PROPERTY GROUP LP 5.375% 6/1/11		.06/09/2006	Exchanged		2,488,455	2,500,000	2,986	2FE
78442F-DY-1	SLM CORP 5.45% 4/25/2011		.04/05/2006	CITICORP SECURITIES INC		1,297,985	1,300,000		1FE
83364L-AB-5	SOCIETE GENERALE 5.75% 4/20/16	F.	.04/12/2006	MERRILL LYNCH		3,991,880	4,000,000		1FE
84265V-AC-9	SOUTHERN COPPER CORP		.05/04/2006	CITICORP SECURITIES INC		1,945,960	2,000,000	42,500	2FE
843830-AC-4	SOUTHERN STAR CENT CORP 6.75% 3/1/2016		.04/06/2006	LEHMAN BROTHERS KUHN LOEB INC. 1270		598,224	600,000		3FE
857689-AT-0	STATION CASINOS		.05/05/2006	BANK OF AMERICA		1,177,500	1,200,000	15,813	4FE
857689-AY-9	STATION CASINOS INC 6.625% 3/15/2018		.05/22/2006	CITICORP SECURITIES INC		932,500	1,000,000	13,250	4FE
857689-AZ-6	STATION CASINOS INC 6.625% 3/15/2018		.06/07/2006	Exchanged		932,637	1,000,000	15,458	4FE
86210M-AB-2	STORA ENSO OYJ 6.404% 4/15/16	F.	.04/13/2006	EXCHANGES (UNLIKE)		4,459,048	4,268,280		2FE
999999-99-8	Summary Adjustment		.06/30/2006	Summary Adjustment		(39,340)	(39,340)		1FE
225470-T7-8	TBW 2006-1 3A1		.06/28/2006	FIRST BOSTON CORPORATION		10,483,097	10,766,560	3,589	1FE
87952P-AA-0	TELE 2 AB 6.350% 05/24/11	F.	.05/24/2006	RBS		3,000,000	3,000,000		2Z
87927V-AM-0	TELECOM ITALIA CAPITAL 6% 9/30/34	F.	.04/19/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		3,108,035	3,500,000	14,000	2FE
88163V-AD-1	TEVA PHARM FINANCE LLC 6.15% 2/1/36		.06/16/2006	LEHMAN BROTHERS KUHN LOEB INC. 1270		2,720,160	3,000,000	72,263	2FE
F9181F-AF-9	THOMSON SA 6.200% 05/17/11	F.	.05/17/2006	RBS		3,000,000	3,000,000		2Z
88731E-AJ-9	TIME WARNER ENTMT CO LP SRSUBB		.04/26/2006	MORGAN STANLEY & CO. INC		2,283,940	2,000,000	49,319	2FE
893647-AH-0	TRANSIGM INC		.06/20/2006	BANK OF AMERICA		2,200,000	2,200,000		4FE
91724R-AA-2	URBI DESARROLLOS URBANOS 8.5% 4/19/2016	F.	.04/13/2006	MERRILL LYNCH		600,000	600,000		3FE
92976B-FR-8	WBCMT 2006-C24 A3		.04/25/2006	FIRST UNION SECURITIES INC		12,295,898	12,500,000	52,106	1FE
94983N-AE-3	WFMS 2005-12 1A5		.06/01/2006	CAPITALIZED INTEREST		505,009	505,009		1FE
94983Q-AK-2	WFMS 2006-3 A10		.05/25/2006	CITICORP SECURITIES INC		9,932,656	11,000,000	50,417	1FE
983024-AL-4	WYETH 6% 2/15/36		.04/25/2006	MORGAN J P SEC INC.		957,830	1,000,000	12,167	2FE
988498-AB-7	YUM BRANDS INC 6.25% 4/15/16		.04/10/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		1,997,780	2,000,000		2FE
4599999	Bonds - Industrial and Miscellaneous					195,300,029	199,328,044	718,894	XXX
6099997	Total - Bonds - Part 3					336,798,911	394,339,939	1,283,151	XXX
6099998	Total - Bonds - Part 5					XXX	XXX	XXX	XXX
6099999	Total - Bonds					336,798,911	394,339,939	1,283,151	XXX
6599997	Total - Preferred Stocks - Part 3						XXX		XXX
6599998	Total - Preferred Stocks - Part 5					XXX	XXX	XXX	XXX
6599999	Total - Preferred Stocks						XXX		XXX
7299997	Total - Common Stocks - Part 3						XXX		XXX
7299998	Total - Common Stocks - Part 5					XXX	XXX	XXX	XXX
7299999	Total - Common Stocks						XXX		XXX
7399999	Total - Preferred and Common Stocks						XXX		XXX
7499999	Totals					336,798,911	XXX	1,283,151	XXX

(a) For all common stock bearing the NAIC market indicator "U" provide: the number of such issues

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 4

Show All Long-Term Bonds and Stock Sold, Redeemed or Otherwise Disposed of by the Company During the Current Quarter

1	2	3	4	5	6	7	8	9	10	Change In Book/Adjusted Carrying Value					16	17	18	19	20	21	22
										11	12	13	14	15							
CUSIP Identification	Description	For-foreign	Disposal Date	Name of Purchaser	Number of Shares of Stock	Consideration	Par Value	Actual Cost	Prior Year Book/Adjusted Carrying Value	Unrealized Valuation Increase/(Decrease)	Current Year's (Amortization)/Accretion	Current Year's Other Than Temporary Impairment Recognized	Total Change in Book/Adjusted Carrying Value (11 + 12 - 13)	Total Foreign Exchange Change in Book /Adjusted Carrying Value	Book/Adjusted Carrying Value at Disposal Date	Foreign Exchange Gain (Loss) on Disposal	Realized Gain (Loss) on Disposal	Total Gain (Loss) on Disposal	Bond Interest/Stock Dividends Received During Year	Maturity Date	NAIC Designation or Market Indicator (a)
36211P-4Y-6	GNMA 6.40000000% 519339		06/01/2006	MBS PAYDOWN		1,000	1,000	.961	.999		.1		.1		1,000				.27	08/01/2043	1
362130-LJ-6	GNMA 1 6.500% 561129		06/01/2006	MBS PAYDOWN		1,608	1,608	1,599	1,608						1,608				.44	06/01/2043	1
362000-K3-7	GNMA 1 6.500% 569214		06/01/2006	MBS PAYDOWN		2,621	2,621	2,659	2,621		(2)		(2)		2,621				.71	01/01/2031	1
61772*-AF-5	MOROCCO, KINGDOM OF		06/29/2006	VARIOUS		23,333	23,333	21,204	23,240		.94		.94		23,333				.228	01/02/2009	3FE
912810-FT-0	T 4 1/2 02/15/36		04/04/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		5,990,000	6,400,000	6,387,250	6,387,250		.63		.63		6,387,313		(397,313)	(397,313)	.39,779	02/15/2036	1
912828-EN-6	T 4 1/2 11/15/15		04/03/2006	FIRST BOSTON CORPORATION		9,676,172	10,000,000	10,098,438	10,098,438		(1,145)		(1,145)		10,097,293		(421,121)	(421,121)	174,033	11/15/2015	1
0399999	Bonds - U.S. Governments					15,694,734	16,428,562	16,512,111	16,514,158		(989)		(989)		16,513,168		(818,434)	(818,434)	214,182	XXX	XXX
P18166-CK-5	BRAZIL, FEDERATIVE REPUBLIC OF	F	04/18/2006	SINKING FUND REDEMPTION		16,693	16,693	15,357	15,849		.843		.843		16,693				.440	04/15/2009	4FE
221597-AJ-6	COSTA RICA, REPUBLIC OF	F	06/26/2006	BEAR, STEARNS & CO., INC.		175,740	174,000	174,000	174,000						174,000		1,740	1,740	10,994	01/31/2008	3FE
283875-AH-5	EL SALVADOR, REPUBLIC OF	F	06/27/2006	MORGAN J P SEC INC.		103,500	100,000	108,000	107,976		(32)		(32)		107,944		(4,444)	(4,444)	5,958	04/10/2032	3FE
P01012-AD-8	EL SALVADOR, REPUBLIC OF	F	06/02/2006	MORGAN J P SEC INC.		68,355	63,000	68,670	67,438		(289)		(289)		67,150		1,205	1,205	4,641	07/25/2011	3FE
P8056G-AA-1	GUATEMALA, REPUBLIC OF	F	06/02/2006	BEAR, STEARNS & CO., INC.		233,250	200,000	244,000	241,915		(2,596)		(2,596)		239,319		(6,069)	(6,069)	11,901	11/08/2011	3FE
698299-AQ-7	PANAMA, REPUBLIC OF	F	06/07/2006	MORGAN J P SEC INC.		174,956	153,000	175,950	171,733		(1,027)		(1,027)		170,706		4,250	4,250	12,710	07/23/2012	3FE
698299-AU-8	PANAMA, REPUBLIC OF	F	06/07/2006	MORGAN J P SEC INC.		201,203	193,000	191,651	191,726		.44		.44		191,770		9,432	9,432	10,378	03/15/2015	3FE
718286-BB-2	PHILIPPINES, REPUBLIC OF	F	06/26/2006	VARIOUS		1,387,961	1,425,000	1,428,611	1,428,611		.208		.208		1,428,820		(40,858)	(40,858)	48,696	01/14/2031	3FE
040114-GK-0	REPUBLIC OF ARGENTINA 12/38	F	06/28/2006	VARIOUS		149,600	450,000	172,475	172,475		1,051		1,051		173,526		(23,926)	(23,926)	4,160	12/31/2038	4FE
900123-AT-7	TURKEY, REPUBLIC OF	F	06/27/2006	MORGAN J P SEC INC.		253,800	282,000	275,200	275,289		.32		.32		275,321		(21,521)	(21,521)	19,803	02/14/2034	3FE
900123-AU-4	TURKEY, REPUBLIC OF	F	06/02/2006	DEUTSCHE BANK (U K)		325,500	300,000	305,810	304,874		(316)		(316)		304,558		20,942	20,942	11,775	06/30/2011	3FE
903724-AA-0	UKRAINE	F	06/27/2006	MERRILL LYNCH		149,939	152,000	152,000	152,000						152,000		(2,061)	(2,061)	6,409	06/11/2013	3FE
1099999	Bonds - All Other Governments					3,240,497	3,508,693	3,311,724	3,303,886		(2,082)		(2,082)		3,301,807		(61,310)	(61,310)	147,865	XXX	XXX
04542B-EY-4	ABFC 2004-0PT1 A1A		06/25/2006	MBS PAYDOWN		48,727	48,727	48,746	48,741		(15)		(15)		48,727				1,016	04/27/2009	1FE
00103R-AT-3	AESOP 2003-2A A3		04/25/2006	FIRST UNION SECURITIES		9,667,969	10,000,000	9,995,979	9,998,114		.262		.262		9,998,376		(330,407)	(330,407)	128,356	06/20/2008	1FE
001330-AC-3	AIGMT 2003-1 B		05/15/2006	MBS PAYDOWN		1,200,000	1,200,000	1,200,000	1,200,000						1,200,000				27,373	05/15/2006	1FE
00077B-5X-7	AMAC 2002-10 2A1		06/01/2006	MBS PAYDOWN		129,343	129,343	130,818	129,343		(39)		(39)		129,343				2,474	03/01/2012	1FE
143128-BF-2	CARIX 2003-1 B		06/15/2006	MBS PAYDOWN		202,661	202,661	202,369	202,476		.184		.184		202,661				1,732	12/15/2006	1FE
12613X-CH-2	CNH 2004-A B		06/15/2006	MBS PAYDOWN		103,551	103,551	103,538	103,436		.115		.115		103,551				1,415	07/15/2008	1FE
12669E-HN-9	CIHL 2003-27 A1		06/01/2006	MBS PAYDOWN		91,391	91,391	92,305	91,393		(1)		(1)		91,391				1,373	02/01/2011	1FE
126671-RX-6	CIVL 2002-S3 M1		06/01/2006	MBS PAYDOWN		598,883	598,883	612,639	598,883						598,883				11,081	04/01/2006	1FE
3128JR-G4-2	FHLMC 4.359% 847419 (HYBRID 3/1)		06/15/2006	VARIOUS		1,715,731	1,715,731	1,704,739	1,714,290		1,440		1,440		1,715,731				37,392	04/01/2034	1
3128M1-AB-5	FHLMC 5.000% G11902		06/01/2006	MBS PAYDOWN		187,559	187,559	182,811	187,530		.56		.56		187,559				1,236	02/01/2020	1
31288K-BA-0	FHLMC 5.500% C79933		04/15/2006	VARIOUS		102	102	797,895	110		(138)		(138)		102		130	130	15,905	01/01/2033	1
31283H-WY-7	FHLMC 5.500% G01563		06/01/2006	MBS PAYDOWN		142,386	142,386	136,354	142,151		.235		.235		142,386				3,233	08/01/2032	1
31296T-NR-1	FHLMC 6.000% A18500		06/01/2006	MBS PAYDOWN		47,164	47,164	48,322	47,241		(77)		(77)		47,164				1,255	08/01/2033	1
31284K-GC-3	FHLMC 6.000% E01095		05/22/2006	VARIOUS		3,891,111	3,859,936	4,043,282	4,044,829		(21,172)		(21,172)		4,023,657		(132,546)	(132,546)	110,839	05/01/2016	1
3133TM-7G-5	FHR 2182 ZC		06/01/2006	MBS PAYDOWN		110,459	110,459	113,380	110,602		(143)		(143)		110,459				3,446	09/01/2029	1
3133TR-4H-5	FHR 2274 ZW		06/01/2006	MBS PAYDOWN		349,219	349,219	334,463	349,111		.108		.108		349,219				9,307	12/01/2030	1
31339M-BP-2	FHR 2386 PG		06/01/2006	MBS PAYDOWN		153,742	153,742	154,895	153,965		(222)		(222)		153,742				3,782	05/01/2009	1
31339D-40-8	FHR 2411 ZE		06/01/2006	MBS PAYDOWN		238,536	238,536	244,856	239,020		(484)		(484)		238,536				6,238	11/01/2031	1
3133TV-UK-0	FHR 2434 VN		06/01/2006	MBS PAYDOWN		670,231	670,231	694,946	672,194		(1,963)		(1,963)		670,231				16,708	02/01/2008	1
31392R-4A-6	FHR 2471 EH		06/01/2006	MBS PAYDOWN		257,425	257,425	260,160	257,791		(366)		(366)		257,425				6,369	03/01/2011	1
31395R-AR-9	FHR 001 AE		06/01/2006	MBS PAYDOWN		136,344	136,344	135,934	136,313		.31		.31		136,344				2,471	01/01/2014	1
31402Q-BB-2	FNMA 4.704% 735366 (HYBRID 5/1)		06/01/2006	MBS PAYDOWN		42,644	42,644	42,316	42,617		.27		.27		42,644				883	03/01/2034	1
31371L-BB-4	FNMA 5.000% 254834		04/04/2006	VARIOUS		84,918	86,939	87,802	87,716		(62)		(62)		87,654		(2,736)	(2,736)	1,651	02/01/2018	1
31376K-CA-6	FNMA 5.000% 357491		06/01/2006	MBS PAYDOWN		5,894	5,894	5,891	5,893						5,894				123	08/01/2018	1
31385X-EW-3	FNMA 5.000% 555549		06/01/2006	MBS PAYDOWN		787,072	787,072	799,984	787,870		(798)		(798)		787,072				16,198	11/01/2017	1
31401G-CB-5	FNMA 5.000% 707595		06/01/2006	MBS PAYDOWN		189,819	189,819	190,234	189,846		(27)		(27)		189,819				3,971	12/01/2017	1
31402A-X6-8	FNMA 5.000% 723501		04/04/2006	VARIOUS		17,366	17,766	17,942	17,922		(15)		(15)		17,908				336	02/01/2018	1
31402M-3E-8	FNMA 5.000% 733497		04/04/2006	VARIOUS		85,236	87,240	88,016	88,016		(70)		(70)		87,946		(2,710)	(2,710)	1,654	04/01/2018	1
31402V-ZS-2	FNMA 5.000% 739753		04/04/2006	VARIOUS		517,446	529,884	529,677	529,668		.10		.10		529,678		(12,232)	(12,232)	10,076	09/01/2018	1
31403D-2H-1	FNMA 5.000% 746076		04/04/2006	VARIOUS		656,589	672,593	679,267	678,185		(248)		(248)		677,936		(21,347)	(21,347)	12,791	02/01/2019	1
31403F-ZW-3	FNMA 5.000% 747889		04/04/2006	VARIOUS		546,656	559,561	565,113	564,392		(400)		(400)		563,992		(17,336)	(17,336)	10,618	09/01/2018</	

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 4

Show All Long-Term Bonds and Stock Sold, Redeemed or Otherwise Disposed of by the Company During the Current Quarter

1	2	3	4	5	6	7	8	9	10	Change In Book/Adjusted Carrying Value					16	17	18	19	20	21	22
										11	12	13	14	15							
CUSIP Identification	Description	Foreign	Disposal Date	Name of Purchaser	Number of Shares of Stock	Consideration	Par Value	Actual Cost	Prior Year Book/Adjusted Carrying Value	Unrealized Valuation Increase/(Decrease)	Current Year's (Amortization)/Accretion	Current Year's Other Than Temporary Impairment Recognized	Total Change in Book/Adjusted Carrying Value (11 + 12 - 13)	Total Foreign Exchange Change in Book/Adjusted Carrying Value	Book/Adjusted Carrying Value at Disposal Date	Foreign Exchange Gain (Loss) on Disposal	Realized Gain (Loss) on Disposal	Total Gain (Loss) on Disposal	Bond Interest/Stock Dividends Received During Year	Maturity Date	NAIC Designation or Market Indicator (a)
31403J-W2-8	FNMA 5.000% 750465		04/04/2006	VARIOUS		591,907	606,062	606,039	606,004		(1)		(1)		606,002		(14,096)	(14,096)	11,518	09/01/2018	1
31403M-QJ-1	FNMA 5.000% 752957		04/04/2006	VARIOUS		109,729	112,367	113,482	113,348		(62)		(62)		113,286		(3,557)	(3,557)	2,137	08/01/2018	1
31403N-S5-7	FNMA 5.000% 753940		04/04/2006	VARIOUS		75,672	77,483	77,452	77,453		2		2		77,453		(1,781)	(1,781)	1,473	08/01/2018	1
31403U-GY-2	FNMA 5.000% 758787		04/04/2006	VARIOUS		324,166	331,954	331,824	331,814		10		10		331,825		(7,659)	(7,659)	6,312	08/01/2018	1
31403X-ZE-8	FNMA 5.000% 761341		04/04/2006	VARIOUS		677,361	693,703	699,823	699,012		(516)		(516)		698,496		(21,135)	(21,135)	13,176	01/01/2019	1
31404A-QA-5	FNMA 5.000% 762849		04/04/2006	VARIOUS		149,705	153,354	154,876	154,627		(55)		(55)		154,572		(4,867)	(4,867)	2,916	03/01/2019	1
31404B-U8-3	FNMA 5.000% 763907		04/04/2006	VARIOUS		56,059	57,397	57,966	57,905		(51)		(51)		57,853		(1,794)	(1,794)	1,090	10/01/2018	1
31404C-E6-3	FNMA 5.000% 764357		04/04/2006	VARIOUS		54,619	55,830	55,808	55,810		3		3		55,810		(1,192)	(1,192)	1,050	04/01/2018	1
31404C-UV-0	FNMA 5.000% 764796		04/04/2006	VARIOUS		66,722	68,247	68,924	68,858		(103)		(103)		68,755		(2,033)	(2,033)	1,288	12/01/2018	1
31404C-U3-2	FNMA 5.000% 764802		04/04/2006	VARIOUS		524,443	537,222	542,552	541,771		(329)		(329)		541,442		(16,999)	(16,999)	10,216	01/01/2019	1
31404D-FB-9	FNMA 5.000% 765262		04/04/2006	VARIOUS		107,669	110,147	111,240	111,242		(271)		(271)		110,971		(3,302)	(3,302)	2,081	12/01/2018	1
31404K-N6-5	FNMA 5.000% 770913		04/04/2006	VARIOUS		617,902	632,493	638,769	638,021		(678)		(678)		637,343		(19,441)	(19,441)	11,983	02/01/2019	1
31404K-QY-1	FNMA 5.000% 770971		04/04/2006	VARIOUS		81,956	83,915	84,748	84,617		(55)		(55)		84,562		(2,606)	(2,606)	1,592	12/01/2018	1
31404M-FZ-6	FNMA 5.000% 772484		04/04/2006	VARIOUS		523,987	536,757	542,082	541,216		(219)		(219)		540,997		(17,010)	(17,010)	10,207	08/01/2018	1
31404N-TW-6	FNMA 5.000% 773765		04/04/2006	VARIOUS		558,708	571,821	577,494	576,538		(391)		(391)		576,147		(17,439)	(17,439)	10,825	12/01/2018	1
31404N-GT-8	FNMA 5.000% 774082		04/04/2006	VARIOUS		685,832	702,550	709,521	708,348		(241)		(241)		708,107		(22,275)	(22,275)	13,360	01/01/2019	1
31404R-RY-5	FNMA 5.000% 776403		04/04/2006	VARIOUS		37,864	38,787	39,172	39,151		(59)		(59)		39,092		(1,229)	(1,229)	738	03/01/2019	1
31404T-RM-7	FNMA 5.000% 778192		04/04/2006	VARIOUS		666,330	682,573	689,345	688,337		(425)		(425)		687,911		(21,581)	(21,581)	12,980	03/01/2019	1
31404U-MT-0	FNMA 5.000% 780770		04/04/2006	VARIOUS		562,057	575,675	581,386	580,438		(264)		(264)		580,174		(18,118)	(18,118)	10,940	01/01/2019	1
31407K-H5-1	FNMA 5.000% 832852		06/01/2006	MBS PAYDOWN		918,313	918,313	888,826	917,843		470		470		918,313				7,443	05/01/2035	1
31387F-HU-1	FNMA 5.500% 582643		06/01/2006	MBS PAYDOWN		96,603	96,603	96,316	96,588		15		15		96,603				2,211	10/01/2015	1
31387Y-TK-9	FNMA 5.500% 598254		06/01/2006	MBS PAYDOWN		100,275	100,275	99,977	100,275		23		23		100,275				2,372	01/01/2016	1
314020-YZ-8	FNMA 5.500% 735228		06/01/2006	MBS PAYDOWN		19,102	19,102	18,736	19,099		3		3		19,102				131	10/01/2034	1
31371H-FM-5	FNMA 6.000% 252272		06/01/2006	MBS PAYDOWN		134,755	134,755	133,513	134,698		58		58		134,755				3,374	07/01/2027	1
31371J-PV-0	FNMA 7.500% 253436		06/01/2006	MBS PAYDOWN		1,106	1,106	1,152	1,112		(6)		(6)		1,106				33	09/01/2029	1
31384V-YW-6	FNMA 7.500% 535425		06/01/2006	MBS PAYDOWN		4,049	4,049	4,216	4,072		(23)		(23)		4,049				120	07/01/2029	1
31386F-BK-0	FNMA 7.500% 561742		06/01/2006	MBS PAYDOWN		136	136	142	137		(1)		(1)		136				4	04/01/2030	1
31373D-G6-6	FNMA 8.000% 290121		06/01/2006	MBS PAYDOWN		111	111	113	111						111				4	09/01/2024	1
31359H-WH-3	FNR 1994-79 Z		06/01/2006	MBS PAYDOWN		34,354	34,354	35,275	34,400		(46)		(46)		34,354				992	04/01/2024	1
31359S-E7-1	FNR 2001-12 ZB		06/01/2006	MBS PAYDOWN		283,550	283,550	277,795	283,149		401		401		283,550				7,921	04/01/2031	1
31392B-PT-7	FNR 2001-81 OG		06/01/2006	MBS PAYDOWN		186,379	186,379	186,438	186,379						186,379				5,030	11/01/2031	1
31392E-D6-4	FNR 2002-63 LA		06/01/2006	MBS PAYDOWN		507,320	507,320	509,460	507,812		(492)		(492)		507,320				12,468	04/01/2009	1
36242D-KF-9	GSAMP 2004-WF A1B		06/25/2006	MBS PAYDOWN		166,587	166,587	166,587	166,587						166,587				3,441	04/25/2020	1FE
3199999	Bonds - Special Revenues			SINKING FUND REDEMPTION																	
83162C-FZ-1	GSBA 7.3 05/01/15		05/01/2006			176,253	176,253	176,253	176,253						176,253				6,433	05/01/2015	1
449182-AP-9	HART 2002-A B		06/15/2006	MBS PAYDOWN		648,175	648,175	648,123	648,815		(641)		(641)		648,175				9,332	06/15/2006	1FE
41283A-AT-6	HDMOT 2002-2 B		06/15/2006	MBS PAYDOWN		23,957	23,957	23,955	23,936		21		21		23,957				282	07/15/2006	1FE
466247-QC-0	JPMIT 2005-A3 4A1		06/01/2006	MBS PAYDOWN		54,060	54,060	53,439	54,400		20		20		54,060				1,080	01/01/2018	1FE
61747R-AL-4	MSALT 2004-HB1 C		06/15/2006	MBS PAYDOWN		115,162	115,162	115,161	115,058		104		104		115,162				1,373	07/15/2007	2FE
61746W-WM-8	MSDWC 2002-AM3 B1		05/09/2006	VARIOUS		916,532	913,610	931,311	940,861		(14,922)		(14,922)		925,938		(9,406)	(9,406)	25,806	05/25/2012	2FE
63936W-AE-6	NAVOT 2003-A B		06/15/2006	MBS PAYDOWN		37,754	37,754	37,747	37,714		40		40		37,754				474	02/15/2007	1FE
759950-AB-4	RAMC 2002-1 AF2		06/01/2006	MBS PAYDOWN		148,799	148,799	148,799	148,799						148,799				3,531	12/01/2007	1FE
76110W-MB-9	RASC 2001-KS3 A15		05/01/2006	MBS PAYDOWN		98,906	98,906	105,149	99,564		(659)		(659)		98,906				2,670	08/01/2007	1FE
86358R-3N-5	SASC 2002-15 B1		06/01/2006	MBS PAYDOWN		7,081	7,081	7,364	7,119		(38)		(38)		7,081				192	10/01/2006	1FE
89676A-AC-7	TCF 2000-A B		06/26/2006	MBS PAYDOWN		41,667	41,667	41,667	41,667						41,667				1,282	09/26/2010	2FE
939336-UE-1	WAMMS 2003-MS5 1A1		06/01/2006	MBS PAYDOWN		268,737	268,737	272,222	268,897		(159)		(159)		268,737				5,461	08/01/2013	1FE
939336-AW-3	WAMU 2002-AR10 A6		06/01/2006	MBS PAYDOWN		102,415	102,415	103,439	102,424		(9)		(9)		102,415				2,217	03/01/2007	1FE
939336-DN-0	WAMU 2002-AR15 A5		06/01/2006	MBS PAYDOWN		184,642	184,642	186,477	184,744		(102)		(102)		184,642				3,435	09/01/2007	1FE
929227-ZC-3	WAMU 2002-AR18 A		06/01/2006	MBS PAYDOWN		84,877	84,877	84,877	84,877						84,877				1,376	05/01/2009	1FE
939336-PC-1	WAMU 2003-AR1 A6		06/01/2006	MBS PAYDOWN		70,413	70,413	71,116	70,481		(68)		(68)		70,413				1,207	10/01/2009	1FE
92926M-AF-6	WESTO 2003-2 C		06/20/2006	MBS PAYDOWN		57,562	57,562	57,559	57,490		72		72		57,562				723	01/20/2007	1FE
92926M-AG-4	WESTO 2003-2 D		06/20/2006	MBS PAYDOWN		252,718	252,718	252,679	252,407		311		311		252,718				3,957	10/20/2006	1FE
33632*-TU-1	AL PIIR CO SER A LEASE BACKED NTS		05/03																		

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 4

Show All Long-Term Bonds and Stock Sold, Redeemed or Otherwise Disposed of by the Company During the Current Quarter

1	2	3	4	5	6	7	8	9	10	Change In Book/Adjusted Carrying Value					16	17	18	19	20	21	22
										11	12	13	14	15							
CUSIP Identification	Description	Foreign	Disposal Date	Name of Purchaser	Number of Shares of Stock	Consideration	Par Value	Actual Cost	Prior Year Book/Adjusted Carrying Value	Unrealized Valuation Increase/(Decrease)	Current Year's (Amortization)/Accretion	Current Year's Other Than Temporary Impairment Recognized	Total Change in Book/Adjusted Carrying Value (11 + 12 - 13)	Total Foreign Exchange Change in Book/Adjusted Carrying Value	Book/Adjusted Carrying Value at Disposal Date	Foreign Exchange Gain (Loss) on Disposal	Realized Gain (Loss) on Disposal	Total Gain (Loss) on Disposal	Bond Interest/Stock Dividends Received During Year	Maturity Date	NAIC Designation or Market Indicator (a)
485134-BG-4	KANSAS CITY POWER & LT 6.05% 11/15/35		05/22/2006	Exchanged		2,027,650	2,000,000	2,027,740	2,027,726				(77)		2,027,650				62,181	11/15/2035	2FE
49455W-AF-3	KINDER MORGAN FINANCE 6.4% 1/5/36	F	06/19/2006	MERRILL LYNCH SINKING FUND REDEMPTION		8,661,209	11,000,000	10,992,233	10,593,342		1,958		1,958		10,595,300		(1,934,091)	(1,934,091)	366,756	01/05/2036	2FE
744516-E#-8	PUB SVC CO OF NC INC SR DEB		06/30/2006			850,000	850,000	850,000	850,000						850,000				37,188	06/30/2012	1
826428-AM-6	SIERRA PACIFIC RESOURCES 6.75% 8/15/2017		04/13/2006	Exchanged		1,000,000	1,000,000	1,000,000	1,000,000						1,000,000				45,188	08/15/2017	4FE
24570#-AA-4	SOUTH CA EDISON CO MONETIZATION CONTRAC		06/01/2006	Exchanged		181,428	181,428	266,184	177,117		4,311		4,311		181,428				83,706	08/01/2006	2
67082*-AA-8	SOUTH CA EDISON CO MONETIZATION OF CONT		06/01/2006	SINKING FUND REDEMPTION		36,637	36,637	28,841	36,202		434		434		36,637					06/01/2007	2
88031N-AA-5	TENASKA ALABAMA PARTNERS LP		06/30/2006	SINKING FUND REDEMPTION		6,420	6,420	6,596	6,426		(6)		(6)		6,420				337	06/30/2021	3FE
3899999. Bonds - Public Utilities						13,506,195	15,817,336	15,914,461	15,433,512		6,772		6,772		15,440,286		(1,934,091)	(1,934,091)	620,378	XXX	XXX
753035-A#-1	AHOLD FIN U S A INC NT		06/01/2006	RANK GRP FIN PLC TR C SR NT					125,996						125,996		(125,996)	(125,996)		06/30/2006	2FE
008685-AB-5	BANK OF AMERICA		05/10/2006	BANK OF AMERICA		134,520	152,000	116,935	117,845		156		156		16,519				5,516	05/01/2029	3FE
02003E-AB-8	ALLSTATE FINL GLOBAL FND		04/25/2006	BANK OF AMERICA		974,670	1,000,000	998,040	998,894		127		127		999,021		(24,351)	(24,351)	26,917	09/10/2008	1FE
001669-AX-8	AMC ENTERTAINMENT INC 11% 2/1/2016		06/14/2006	Exchanged		197,000	197,000	197,000	197,000						197,000				8,307	02/01/2016	5FE
00209A-AF-3	AT&T WIRELESS SVCS INC		06/28/2006	LEHMAN BROTHERS KUHN LOEB INC 1270		2,998,275	2,500,000	2,737,250	2,726,552		(1,498)		(1,498)		2,725,054		273,221	273,221	183,507	03/01/2031	1FE
60682#-AF-1	AVIS EUROPE PLC SER D SR NTS	F	05/09/2006	MERRILL LYNCH GOLDMAN, SACHS & CO. (DOMESTIC)		1,744,276	1,900,000	1,900,000	1,900,000						1,900,000		(155,724)	(155,724)	49,004	06/09/2014	3
060505-AU-8	BANK OF AMERICA CORP		04/12/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		673,925	700,000	671,539	676,264		620		620		676,884		(2,959)	(2,959)	15,247	11/15/2014	1FE
06478V-BV-2	BK OF SCOTLAND TSY NT	F	05/01/2006	MATURITY FIRST BOSTON CORPORATION		4,200,000	4,200,000	4,149,752	4,193,766		6,234		6,234		4,200,000				47,250	05/01/2006	1FE
146230-AD-9	CARTER HOLT HARVEY LTD DEB	F	04/27/2006			765,000	900,000	1,064,793	1,036,115		(3,716)		(3,716)		1,032,399		(267,399)	(267,399)	41,247	04/15/2015	3FE
15189P-AE-5	CENTERPOINT PROPERTIES 5.25% 7/15/11		05/02/2006	Tender offer		3,064,100	3,000,000	2,995,980	3,063,924		175		175		3,064,100				125,563	07/15/2011	2FE
163893-AA-8	CHEMURA CORP 6.875% 6/1/2016		06/30/2006	VARIOUS		361,563	375,000	372,945	372,945		44		44		372,989		(11,427)	(11,427)	5,008	06/01/2016	3FE
125577-AS-5	CIT GROUP INC 5.2% 11/3/10		04/24/2006	BEAR, STEARNS & CO., INC		4,929,500	5,000,000	4,998,250	4,998,300		100		100		4,998,400		(68,900)	(68,900)	125,667	11/03/2010	1FE
17453B-AP-6	CITIZENS COMMUNICATIONS		06/27/2006	LEHMAN BROTHERS KUHN LOEB INC 1270		182,280	196,000	196,000	196,000						196,000		(13,720)	(13,720)	11,740	01/15/2013	3FE
201730-AB-4	CIAT 1999-C1 A2		06/11/2006	MBS PAYDOWN		258,419	258,419	278,244	263,311		(4,893)		(4,893)		258,419				7,611	05/11/2007	1FE
203668-AD-0	COMMUNITY HEALTH SYSTEMS		06/28/2006	DEUTSCHE BANK (U K)		54,106	57,000	57,000	57,000						57,000		(2,894)	(2,894)	2,030	12/15/2012	4FE
204755-AC-6	COMPTON PET FINANCE CORP 7.625% 12/1/201	F	06/16/2006	Exchanged		100,228	100,000	100,250	100,250		(22)		(22)		100,228				1,525	12/01/2013	4FE
22540A-ES-3	CSFB 1997-C2 A3		06/11/2006	MBS PAYDOWN SINKING FUND REDEMPTION		102,493	102,493	110,352	103,335		(843)		(843)		102,493				3,064	11/11/2007	1FE
12638V-AA-4	CSN ISLANDS VI CORP	F	05/05/2006			40,000	40,000	40,000	40,000						40,000				1,456	08/04/2010	2
23322B-CJ-5	DLJCM 1998-CG1 A1B		04/19/2006	VARIOUS		4,427,066	4,355,265	4,594,465	4,444,760		(15,400)		(15,400)		4,429,361		(2,295)	(2,295)	112,353	05/01/2008	1FE
23321P-FB-6	DLJMA 1997-CF2 A1B		05/15/2006	VARIOUS		2,309,978	2,281,998	2,299,737	2,281,998						2,281,998		27,980	27,980	62,091	08/01/2007	1FE
32051D-YH-9	FHASI 2003-5 1A14		06/01/2006	MBS PAYDOWN		162,314	162,314	162,314	162,314						162,314				3,866	06/01/2017	1FE
361849-DY-5	GMACC 1998-C2 A2		06/01/2006	MBS PAYDOWN		17,067	17,067	17,894	17,123		(56)		(56)		17,067				492	07/01/2008	1FE
38143V-AA-7	GOLDMAN SACHS CAPITAL I 6.345 2/15/34		04/10/2006	VARIOUS		9,726,150	10,000,000	10,262,500	10,262,500		(108)		(108)		10,262,392		(536,242)	(536,242)	418,594	02/15/2034	1
38141G-DQ-4	GOLDMAN SACHS GROUP INC		04/12/2006	GOLDMAN, SACHS & CO. (DOMESTIC)		3,858,880	4,000,000	3,956,200	3,962,352		1,141		1,141		3,963,493		(104,613)	(104,613)	106,750	10/15/2013	1FE
406248-AN-0	HALLMARK CARDS INC FLT RATE NT		04/07/2006	Redeemed		3,000,000	3,000,000	3,000,000	3,000,000						3,000,000				79,175	10/07/2008	2
413627-AQ-3	HARRAHS OPERATING CO INC 5.5% 7/1/10		04/19/2006			1,976,420	2,000,000	1,982,840	1,986,618		832		832		1,987,451		(11,031)	(11,031)	89,528	07/01/2010	2FE
404119-AR-0	HCA INC 6.5% 2/15/2016		06/08/2006	BANK OF AMERICA		2,373,750	2,500,000	2,489,250	2,489,250		303		303		2,489,553		(115,803)	(115,803)	56,424	02/15/2016	3FE
404119-AA-7	HCA INC NT		06/12/2006	MORGAN J P SEC INC		534,895	500,000	573,460	561,620		(5,332)		(5,332)		556,288		(21,393)	(21,393)	34,514	09/01/2010	3FE
42323Q-AU-7	HFCMC 2000-PH1 A1		06/01/2006	MBS PAYDOWN		539,801	539,801	598,779	570,836		(31,035)		(31,035)		539,801				40,485	11/01/2006	1FE
422777-AA-0	HIFFT 2003-1A 1		06/30/2006	VARIOUS		30,442	30,442	30,442	30,442						30,442				916	01/30/2008	1FE
40423Q-AF-4	HMH PROPERTIES INC		05/01/2006	Called		10,133	10,000	10,255	10,057		75		75		10,133				328	08/01/2008	3FE
44333#-AA-0	HUB INTERNATIONAL LIMITED 5.710% 04/04/1		06/15/2006	SINKING FUND REDEMPTION		156,757	156,757	160,929	156,757						156,757					04/04/2011	2Z
44332P-A#-0	HUB INTL LTD SR NT		04/06/2006	Exchanged		615,968	600,000	600,000	600,000						600,000		15,968	15,968	20,937	06/15/2010	2
45005P-AA-2	IRT PPTY CO MTN		04/01/2006	MATURITY		300,000	300,000	306,393	300,558		(558)		(558)		300,000				11,855	04/01/2006	2FE
46361#-AB-0	IRVINE CO SR NT		06/01/2006	TENDER OFFER				51,266	51,266						51,266		(51,266)	(51,266)		06/30/2006	1FE
617059-FB-1	JPMC 1999-C7 A2		06/01/2006	MBS PAYDOWN		64,899	64,899	68,284	65,167		(268)		(268)		64,899				1,983	09/01/2008	1FE

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STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 4

Show All Long-Term Bonds and Stock Sold, Redeemed or Otherwise Disposed of by the Company During the Current Quarter

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										11	12	13	14	15							
CUSIP Identification	Description	Foreign	Disposal Date	Name of Purchaser	Number of Shares of Stock	Consideration	Par Value	Actual Cost	Prior Year Book/Adjusted Carrying Value	Unrealized Valuation Increase/(Decrease)	Current Year's (Amortization)/Accretion	Current Year's Other Than Temporary Impairment Recognized	Total Change in Book/Adjusted Carrying Value (11 + 12 - 13)	Total Foreign Exchange Change in Book /Adjusted Carrying Value	Book/Adjusted Carrying Value at Disposal Date	Foreign Exchange Gain (Loss) on Disposal	Realized Gain (Loss) on Disposal	Total Gain (Loss) on Disposal	Bond Interest/Stock Dividends Received During Year	Maturity Date	NAIC Designation or Market Indicator (a)
46625M-CU-1	JPMCC 2001-C1B2 A3		04/25/2006	FIRST UNION SECURITIES INC		12,438,281	12,000,000	12,493,594	12,294,576		(17,342)		(17,342)		12,277,234		161,047	161,047	315,021	06/01/2011	1FE
48666K-AK-5	KAUFMAN & BROAD HOME CORP NT		06/30/2006	BANK OF AMERICA		953,750	1,000,000	992,810	993,990		464		464		994,454		(40,704)	(40,704)	56,844	08/15/2011	3FE
502413-AU-1	L-3 COMMUNICATIONS CORP 6.375% 10/15/15		06/30/2006	BANK OF AMERICA		475,000	500,000	495,543	495,543		217		217		495,760		(20,760)	(20,760)	23,109	10/15/2015	3FE
66982#-AA-6	LAN CHILE SA SER 2002-1 CR CARD REC	F	06/30/2006			55,372	55,372	55,372	55,372						55,372				1,927	06/30/2009	2FE
530715-AB-7	LIBERTY MEDIA CORP 7.875% 7/15/09		05/16/2006	VARIOUS		3,778,470	3,600,000	3,653,784	3,628,597		(2,745)		(2,745)		3,625,851		152,619	152,619	239,006	07/15/2009	3FE
57629W-AR-1	MASSMUTUAL GLOBAL FDG 11 NT		04/27/2006	MERRILL LYNCH		955,480	1,000,000	998,670	999,172		80		80		999,252		(43,772)	(43,772)	20,794	04/15/2009	1FE
55263E-CE-3	MBNA CORP SR MTN BE FR		06/07/2006	BANK OF AMERICA		4,358,520	4,000,000	3,975,000	3,982,253		1,024		1,024		3,983,277		375,243	375,243	222,500	03/15/2012	1FE
552691-AA-5	MC1 INC		05/01/2006	Called		192,000	192,000	193,996	192,000		(479)		(479)		192,000				6,632	05/01/2007	1FE
552691-AE-7	MC1 INC		06/01/2006	TENDER OFFER					4,762					4,762		(4,762)	(4,762)		06/30/2006	1FE	
552691-AC-1	MC1 INC		06/01/2006	TENDER OFFER					2,592					2,592		(2,592)	(2,592)		06/30/2006	1FE	
59018Y-TZ-4	MERRILL LYNCH 5.45% 7/15/14		04/27/2006	INC.		1,950,820	2,000,000	1,996,060	1,996,495		110		110		1,996,605		(45,785)	(45,785)	86,897	07/15/2014	1FE
62827K-AA-4	MFFT XX SERIES 2002-2		05/31/2006	MBS PAYDOWN		94,800	94,800	94,800	94,800						94,800				2,997	08/30/2009	1
62827Y-AA-4	MFFT XXI SERIES 2002-3		06/02/2006	VARIOUS		54,571	54,571	121,028	54,571						54,571				4,085	09/30/2007	1
627914-AA-2	MUTUAL FUND FEE TRUST X1 2000-1		06/30/2006	VARIOUS		5,620	1,421	5,807	5,807						5,807		(187)	(187)	28	07/29/2007	5
62827E-AA-8	MUTUAL FUND FEE TRUST X11 2000-2		03/31/2006	RETURN OF CAPITAL		2,403		2,403	2,403						2,403					01/29/2006	5FE
637432-CV-5	NATIONAL RURAL UTILITIES		04/19/2006	FIRST BOSTON CORPORATION		3,130,659	3,100,000	3,080,129	3,088,616		875		875		3,089,490		41,169	41,169	116,853	08/28/2009	1FE
638612-AF-8	NATIONWIDE FINL SVCS INC SR NT		06/07/2006	BANK OF AMERICA		2,001,740	2,000,000	1,986,560	1,990,385		551		551		1,990,935		10,805	10,805	111,772	07/01/2012	1FE
652482-BK-5	NEWS AMERICA INC 6.4% 12/15/35		06/15/2006	Exchanged		14,974,500	15,000,000	14,974,500	14,974,500						14,974,500				458,667	12/15/2035	2FE
684181-AA-8	ORANGE COGENERATION FUNDING COMPANY GUAR		06/15/2006	SINKING FUND REDEMPTION		25,000	25,000	25,499	25,008		(8)		(8)		25,000				1,022	03/15/2022	2FE
814138-AH-6	PROLOGIS TRUST		05/15/2006	SINKING FUND REDEMPTION		75,000	75,000	82,365	74,986		14		14		75,000				2,981	05/15/2008	2FE
74436J-FB-8	PSSF 1999-C2 A2		06/01/2006	MBS PAYDOWN		37,883	37,883	39,996	38,007		(124)		(124)		37,883				1,208	04/01/2009	1FE
74436J-EV-5	PSSF 1999-NRF1 A2		06/01/2006	MBS PAYDOWN		35,762	35,762	37,446	35,904		(143)		(143)		35,762				1,055	12/01/2008	1FE
74913G-AE-5	QWEST CORP SR NT		06/26/2006	DEUTSCHE BANK (U K)		151,125	150,000	149,181	149,254		52		52		149,306		1,819	1,819	9,778	09/01/2011	3FE
76110L-L-8	RASC 2001-KS2 A15		06/01/2006	MBS PAYDOWN		166,397	166,397	178,175	167,584		(1,187)		(1,187)		166,397				4,678	05/01/2007	1FE
84762L-AA-3	RAYOVAC CORP		05/03/2006	VARIOUS		239,940	286,000	286,000	286,000						286,000		(46,068)	(46,068)	16,110	02/01/2015	5FE
76115N-AF-8	RESOLUTION PERFORMANCE SEC NT		05/03/2006	Tender offer		46,401	45,000	46,263	46,660		(259)		(259)		46,401				1,380	12/15/2009	4FE
76115N-AD-3	RESOLUTION PERFORMANCE SR NT		05/03/2006	Tender offer		75,801	74,000	78,315	76,092		(290)		(290)		75,801				3,867	04/15/2010	4FE
76176L-FF-3	REYNOLDS METALS		05/15/2006	SINKING FUND REDEMPTION		285,000	285,000	316,780	284,938		62		62		285,000				9,975	05/15/2009	1FE
77531Q-AP-3	ROGERS WIRELESS INC SR SUB NT	F	06/13/2006	MORGAN STANLEY & CO. INC		173,563	168,508	175,305	174,300		(456)		(456)		173,844		(281)	(281)	6,778	12/15/2012	3FE
798737-AB-8	SAN MANUEL ENTMT NT		06/01/2006	SINKING FUND REDEMPTION		400,000	400,000	400,000	400,000						400,000				11,688	12/01/2010	1FE
79548C-BH-8	SBM7 2001-C1 A3		04/20/2006	GREENWICH CAPITAL		3,101,484	3,000,000	3,120,000	3,069,280		(4,561)		(4,561)		3,064,719		36,765	36,765	77,136	03/01/2011	1FE
828807-BQ-9	SIMON PROPERTY GROUP LP 5.375% 6/1/11		06/09/2006	Exchanged		2,488,455	2,500,000	2,487,400	2,487,671		784		784		2,488,455				76,146	06/01/2011	2FE
78442F-BK-3	SLM CORP NT		04/05/2006	CITICORP SECURITIES INC		1,254,955	1,300,000	1,285,588	1,287,033		1,114		1,114		1,288,146		(33,191)	(33,191)	38,278	01/15/2009	1FE
857689-AY-9	STATION CASINOS INC 6.625% 3/15/2018		06/07/2006	Exchanged		932,637	1,000,000	932,500	932,500		137		137		932,637				15,458	03/15/2018	4FE
86210M-AA-4	STORA ENSO CORP NT	F	04/13/2006	EXCHANGES (UNLIKE)		4,459,048	4,000,000	4,575,860	4,467,934		(21,759)		(21,759)		4,446,175		12,873	12,873	121,278	05/15/2011	2FE
86210M-AB-2	STORA ENSO OYJ 6.404% 4/15/16	F	05/02/2006	Tender offer		292	280	293	293						292				1	04/15/2016	2FE
999999-99-8	Summary Adjustment		06/01/2006	Summary Adjustment		4,148										744		3,404	4,148	06/30/2006	1FE
882444-AA-0	TEXAS GENCO 6.875% 12/15/2014		06/01/2006	TENDER OFFER					7,260					7,260		(7,260)	(7,260)		06/30/2006	4FE	
887315-BJ-7	TIME WARNER INC DEB		06/30/2006	BANK OF AMERICA		1,048,550	1,000,000	977,690	980,662		540		540		981,202		67,348	67,348	52,563	10/15/2017	2FE
92826*-AC-3	VISA USA INC SR NT		06/27/2006	SINKING FUND REDEMPTION		120,000	120,000	120,000	120,000						120,000				3,040	12/27/2007	1
94874R-CP-9	WEINGARTEN REALTY INVESTMENT 5.263% 5/15		04/26/2006	FIRST BOSTON CORPORATION		1,936,240	2,000,000	1,974,260	1,978,411		961		961		1,979,372		(43,132)	(43,132)	66,080	05/15/2012	1FE
92926E-AF-4	WESTO 2002-3 C		06/20/2006	MBS PAYDOWN		22,914	22,914	22,914	22,883		31		31		22,914				352	06/20/2006	1FE
961548-AQ-7	WESTVACO CORP DEB		04/06/2006	UBS SECURITIES INC.		303,750	300,000	340,005	334,202		(633)		(633)		333,569		(29,819)	(29,819)	13,133	03/15/2027	2FE
961548-AS-3	WESTVACO CORP DEB		04/06/2006	UBS SECURITIES INC.		409,500	400,000	455,080	447,969		(872)		(872)		447,097		(43,597)	(43,597)	9,667	06/15/2027	2FE
94983Q-AJ-5	WFMS 2006-3 A9		06/01/2006	MBS PAYDOWN		242,222	242,222	241,806	242,213		9		9		242,222				3,275	12/01/2013	1FE

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE D - PART 4

Show All Long-Term Bonds and Stock Sold, Redeemed or Otherwise Disposed of by the Company During the Current Quarter

1	2	3	4	5	6	7	8	9	10	Change In Book/Adjusted Carrying Value					16	17	18	19	20	21	22
										11	12	13	14	15							
CUSIP Identification	Description	For-foreign	Disposal Date	Name of Purchaser	Number of Shares of Stock	Consideration	Par Value	Actual Cost	Prior Year Book/Adjusted Carrying Value	Unrealized Valuation Increase/(Decrease)	Current Year's (Amortization)/Accretion	Other Than Temporary Impairment Recognized	Total Change in Book/Adjusted Carrying Value (11 + 12 - 13)	Total Foreign Exchange Change in Book /Adjusted Carrying Value	Book/Adjusted Carrying Value at Disposal Date	Foreign Exchange Gain (Loss) on Disposal	Realized Gain (Loss) on Disposal	Total Gain (Loss) on Disposal	Bond Interest/Stock Dividends Received During Year	Maturity Date	NAIC Designation or Market Indicator (a)
4599999	Bonds - Industrial and Miscellaneous					114,336,928	113,428,585	115,568,849	115,115,080		(97,755)		(97,755)		115,017,326	744	(681,143)	(680,399)	3,914,809	XXX	XXX
6099997	Total - Bonds - Part 4					182,023,460	184,931,249	188,129,362	186,387,099		(137,316)		(137,316)		186,249,788	744	(4,227,076)	(4,226,332)	5,593,509	XXX	XXX
6099998	Total - Bonds - Part 5					XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
6099999	Total - Bonds					182,023,460	184,931,249	188,129,362	186,387,099		(137,316)		(137,316)		186,249,788	744	(4,227,076)	(4,226,332)	5,593,509	XXX	XXX
6599997	Total - Preferred Stocks - Part 4						XXX													XXX	XXX
6599998	Total - Preferred Stocks - Part 5					XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
6599999	Total - Preferred Stocks						XXX													XXX	XXX
282990-10-0	EMSO US LTD. CLASS A SERIES 6	F	04/06/2006	UNKNOWN	0.010			83	(471,724)					(471,724)		471,724	471,724				U
480767-10-2	JORDAN TELECOM PRODS ESCROW COM STK		05/30/2006	RETURN OF CAPITAL		58		58	58					58							A
999999-99-8	Summary Adjustment		06/01/2006	Summary Adjustment		25		25	25					25							L
6899999	Common Stocks - Industrial and Miscellaneous					83	XXX	141	(471,641)						(471,641)		471,724	471,724		XXX	XXX
7299997	Total - Common Stocks - Part 4					83	XXX	141	(471,641)						(471,641)		471,724	471,724		XXX	XXX
7299998	Total - Common Stocks - Part 5					XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
7299999	Total - Common Stocks					83	XXX	141	(471,641)						(471,641)		471,724	471,724		XXX	XXX
7399999	Total - Preferred and Common Stocks					83	XXX	141	(471,641)						(471,641)		471,724	471,724		XXX	XXX
7499999	Totals					182,023,543	XXX	188,129,503	185,915,458		(137,316)		(137,316)		185,778,147	744	(3,755,352)	(3,754,608)	5,593,509	XXX	XXX

(a) For all common stock bearing the NAIC market indicator "U" provide: the number of such issues.....1

STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE DB - PART A - SECTION 1

Showing all Options, Caps, Floors and Insurance Futures Options Owned at Current Statement Date

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Description	Number of Contracts or Notional Amount	Date of Maturity, Expiry or Settlement	Strike Price, Rate or Index	Date of Acquisition	Exchange or Counterparty	Cost/Option Premium	Book Value	*	Statement Value	Fair Value	Year to Date Increase/ (Decrease)/ Adjustment	Used to Adjust Basis of Hedged Item	Other Investment/ Miscellaneous Income
0499999. Subtotal - Call Options								XXX					
Equity Option - USD S&P500 US OTC IDX	20,000	05/22/2007	1550.00	09/21/1999	Banque ALG, Gtd	4,170,000	4,170,000		6,114,435	6,114,435			
Equity Option - USD S&P500 US OTC IDX	5,000	10/01/2013	1258.00	10/01/2003	BNP Paribas	977,013	708,756		(102,177)	(102,177)	(24,071)		
Equity Option - USD S&P500 US OTC IDX	5,000	09/05/2013	1265.36	09/05/2003	Citibank, NA	845,443	607,293		36,487	36,487	(20,829)		
Equity Option - USD S&P500 US OTC IDX	5,000	08/01/2013	1220.00	08/01/2003	Citibank, NA	784,650	556,107		20,772	20,772	(19,332)		
Equity Option - USD S&P500 US OTC IDX	7,500	01/13/2014	1241.51	11/13/2003	Deutsche Bank, AG	1,049,204	778,004		61,748	61,748	(25,425)		
Equity Option - USD S&P500 US OTC IDX	7,000	03/17/2014	1330.00	03/15/2004	BNP Paribas	1,178,912	908,866		147,949	147,949	(29,037)		
Equity Option - USD S&P500 US OTC IDX	15,000	03/13/2014	1241.51	11/13/2003	Deutsche Bank, AG	2,073,049	1,545,584		289,103	289,103	(49,450)		
Equity Option - USD S&P500 US OTC IDX	7,500	02/13/2014	1241.51	11/13/2003	Deutsche Bank, AG	1,042,072	774,945		134,435	134,435	(25,043)		
Equity Option - USD S&P500 US OTC IDX	6,200	05/08/2013	1150.00	05/06/2003	Deutsche Bank, AG	1,289,600	883,491		(273,539)	(273,539)	(31,755)		
Equity Option - USD S&P500 US OTC IDX	5,600	04/17/2013	1085.00	04/15/2003	Banque ALG, Gtd	1,148,616	780,305		(317,408)	(317,408)	(28,283)		
Equity Option - USD S&P500 US OTC IDX	3,900	04/09/2013	1075.00	04/08/2003	Bank of America, N.A	807,300	546,817		60,052	60,052	(19,884)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	5,000	06/03/2013	1180.00	05/29/2003	N.A.	1,177,500	814,400		(190,365)	(190,365)	(28,971)		
Equity Option - USD S&P500 US OTC IDX	5,000	07/18/2013	1230.00	07/16/2003	BNP Paribas	964,200	677,775		(131,825)	(131,825)	(23,847)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	7,500	07/01/2013	1230.00	06/27/2003	N.A.	1,631,700	1,141,342		(320,346)	(320,346)	(40,157)		
Equity Option - USD S&P500 US OTC IDX	5,000	06/14/2013	1245.00	06/12/2003	BNP Paribas	1,231,090	855,869		(217,638)	(217,638)	(30,314)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	2,200	01/12/2015	1383.88	01/12/2005	N.A.	361,700	308,812		20,415	20,415	(8,914)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	6,000	12/15/2014	1403.71	12/14/2004	N.A.	1,014,935	858,513		181,833	181,833	(25,005)		
Equity Option - USD S&P500 US OTC IDX	5,000	10/06/2014	1351.84	10/06/2004	Barclays Bank, PLC	873,016	721,935		9,455	9,455	(21,515)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	2,000	01/26/2015	1371.42	01/26/2005	N.A.	315,308	270,412		46,132	46,132	(7,770)		
Equity Option - USD S&P500 US OTC IDX	29,000	05/22/2015	1071.27	05/23/2005	BNP Paribas	3,186,076	2,825,608		4,082,355	4,082,355	(80,502)		
Equity Option - USD S&P500 US OTC IDX	3,000	04/07/2015	1389.26	04/07/2005	Deutsche Bank, AG	484,459	424,897		38,577	38,577	(11,939)		
Equity Option - USD S&P500 US OTC IDX	3,750	02/25/2015	1415.06	02/25/2005	Deutsche Bank, AG	555,188	480,696		150,801	150,801	(13,682)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	226,400	06/02/2014	1001.93	06/01/2004	N.A.	17,466,358	5,370,586		18,773,906	18,773,906	(1,434,281)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	4,800	05/12/2014	1290.00	05/11/2004	N.A.	633,600	498,312		163,945	163,945	(15,610)		
Equity Option - USD S&P500 US OTC IDX	7,000	04/14/2014	1340.00	04/13/2004	Deutsche Bank, AG	1,063,321	828,127		160,581	160,581	(26,197)		
Equity Option - USD S&P500 US OTC IDX	7,000	06/23/2014	1350.00	06/21/2004	BNP Paribas	941,514	751,566		267,223	267,223	(23,190)		
					JP Morgan Chase Bank,								
Equity Option - USD S&P500 US OTC IDX	5,000	08/18/2014	1276.41	08/17/2004	N.A.	827,500	673,009		10,617	10,617	(20,387)		
Equity Option - USD S&P500 US OTC IDX	11,400	07/28/2014	1095.90	07/27/2004	Citibank, NA	1,236,833	998,811		1,083,955	1,083,955	(30,472)		
					Credit Suisse,								
					International								
Equity Option - USD S&P500 US OTC IDX	23,000	07/28/2014	1096.40	07/27/2004	(structurally Gtd)	2,496,503	2,016,065		3,553,201	3,553,201	(61,507)		
Equity Option - USD S&P500 US OTC IDX	3,900	03/27/2013	1070.00	03/27/2003	Deutsche Bank, AG	770,640	519,386		(167,727)	(167,727)	(18,986)		
Equity Option - USD S&P500 US OTC IDX	7,500	02/09/2008	1710.00	02/09/2000	Banque ALG, Gtd	1,334,250	1,334,250		2,615,336	2,615,336			
Equity Option - USD S&P500 US OTC IDX	10,000	01/22/2008	1725.00	01/21/2000	Deutsche Bank, AG	1,810,000	1,810,000		5,002,225	5,002,225			
Equity Option - USD S&P500 US OTC IDX	21,800	12/24/2007	1748.00	12/23/1999	Deutsche Bank, AG	4,174,700	4,174,700		9,808,068	9,808,068			
Equity Option - USD S&P500 US OTC IDX	5,000	03/03/2008	1675.00	03/01/2000	Banque ALG, Gtd	919,000	919,000		1,586,326	1,586,326			
Equity Option - USD S&P500 US OTC IDX	5,000	06/30/2008	1700.00	06/29/2000	Banque ALG, Gtd	936,800	936,800		1,631,927	1,631,927			
Equity Option - USD S&P500 US OTC IDX	5,000	06/12/2008	1795.00	06/12/2000	Deutsche Bank, AG	1,014,000	1,014,000		2,028,843	2,028,843			
Equity Option - USD S&P500 US OTC IDX	5,000	05/02/2008	1775.00	05/02/2000	Deutsche Bank, AG	1,019,000	1,019,000		1,969,899	1,969,899			
Equity Option - USD S&P500 US OTC IDX	20,000	06/15/2007	1575.00	10/25/1999	UBS, AG	4,380,000	4,380,000		6,501,145	6,501,145			
Equity Option - USD S&P500 US OTC IDX	20,000	02/15/2007	1525.00	10/12/1999	UBS, AG	4,095,800	4,095,800		5,836,433	5,836,433			
Equity Option - USD S&P500 US OTC IDX	20,000	09/04/2007	1500.00	09/29/1999	Banque ALG, Gtd	4,120,000	4,120,000		5,155,658	5,155,658			
Equity Option - USD S&P500 US OTC IDX	10,000	07/16/2007	1600.00	11/04/1999	Banque ALG, Gtd	2,140,000	2,140,000		2,760,847	2,760,847			
Equity Option - USD S&P500 US OTC IDX	10,000	03/07/2007	1475.00	12/06/1999	UBS, AG	1,465,000	1,465,000		1,791,377	1,791,377			
Equity Option - USD S&P500 US OTC IDX	10,000	03/07/2007	1475.00	12/06/1999	Banque ALG, Gtd	1,465,000	1,465,000		1,791,377	1,791,377			
Equity Option - USD S&P500 US OTC IDX	10,000	07/16/2007	1600.00	11/04/1999	UBS, AG	2,140,000	2,140,000		2,760,847	2,760,847			
Equity Option - USD S&P500 US OTC IDX	7,200	03/05/2010	1332.00	03/01/2002	Citibank, NA	1,194,120	1,194,120		288,598	288,598			

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STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE DB - PART A - SECTION 1

Showing all Options, Caps, Floors and Insurance Futures Options Owned at Current Statement Date

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Description	Number of Contracts or Notional Amount	Date of Maturity, Expiry or Settlement	Strike Price, Rate or Index	Date of Acquisition	Exchange or Counterparty	Cost/Option Premium	Book Value	*	Statement Value	Fair Value	Year to Date Increase/ (Decrease) by Adjustment	Used to Adjust Basis of Hedged Item	Other Investment/ Miscellaneous Income
Equity Option - USD S&P500 US OTC IDX	10,800	02/12/2010	1290.00	02/11/2002	Bank of America, N.A	1,771,200	1,771,200		296,718	296,718			
Equity Option - USD S&P500 US OTC IDX	6,000	12/09/2011	1305.00	12/10/2001	Bank of America, N.A	828,522	828,522		227,344	227,344			
Equity Option - USD S&P500 US OTC IDX	7,200	04/01/2010	1360.00	03/27/2002	Deutsche Bank, AG	1,085,400	1,085,400		314,268	314,268			
Equity Option - USD S&P500 US OTC IDX	3,900	03/11/2013	970.00	03/11/2003	Deutsche Bank, AG	819,780	548,914		(266,429)	(266,429)	(20,197)		
Equity Option - USD S&P500 US OTC IDX	6,300	02/04/2013	1030.00	02/04/2003	Banque ALG, Gtd	1,331,849	879,028		(388,000)	(388,000)	(32,813)		
Equity Option - USD S&P500 US OTC IDX	7,200	05/13/2010	1250.00	05/13/2002	Citibank, NA	1,000,800	1,000,800		222,875	222,875			
Equity Option - USD S&P500 US OTC IDX	7,000	12/15/2008	1800.00	08/22/2000	Bank of America, N.A Credit Suisse, International (structurally Gtd)	1,356,908	1,356,908		2,317,573	2,317,573			
Equity Option - USD S&P500 US OTC IDX	20,000	09/01/2008	1735.00	08/02/2000	(structurally Gtd)	3,869,800	3,869,800		7,144,928	7,144,928			
Equity Option - USD S&P500 US OTC IDX	5,000	07/17/2008	1820.00	07/17/2000	Banque ALG, Gtd	990,000	990,000		2,112,308	2,112,308			
Equity Option - USD S&P500 US OTC IDX	12,000	07/14/2009	1410.00	07/10/2001	Deutsche Bank, AG	1,880,400	1,880,400		745,031	745,031			
Equity Option - USD S&P500 US OTC IDX	14,000	12/01/2009	1335.00	11/28/2001	Deutsche Bank, AG	2,438,800	2,438,800		461,703	461,703			
Equity Option - USD S&P500 US OTC IDX	15,000	12/14/2011	1410.00	07/13/2001	Deutsche Bank, AG	2,025,750	2,025,750		1,043,045	1,043,045			
Equity Option - USD S&P500 US OTC IDX	12,000	08/17/2009	1383.00	07/11/2001	Deutsche Bank, AG	1,830,000	1,830,000		796,369	796,369			
0599999. Subtotal - Put Options - Hedging						106,034,180	86,009,479	XXX	100,243,593	100,243,593	(2,249,367)		
0899999. Subtotal - Put Options						106,034,180	86,009,479	XXX	100,243,593	100,243,593	(2,249,367)		
1299999. Subtotal - Caps								XXX					
1699999. Subtotal - Floors								XXX					
2099999. Subtotal - Insurance Futures Call Options								XXX					
2499999. Subtotal - Insurance Futures Put Options								XXX					
2599999. Subtotal - Hedging						106,034,180	86,009,479	XXX	100,243,593	100,243,593	(2,249,367)		
2799999. Subtotal - Other								XXX					
9999999 - Totals						106,034,180	86,009,479	XXX	100,243,593	100,243,593	(2,249,367)		

SCHEDULE DB - PART B - SECTION 1

Showing all Options, Caps, Floors and Insurance Futures Options Written and In-Force at Current Statement Date

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Description	Number of Contracts or Notional Amount	Date of Maturity, Expiry or Settlement	Strike Price, Rate or Index	Date of Issuance/ Purchase	Exchange or Counterparty	Consideration Received	Book Value	*	Statement Value	Fair Value	Year to Date Increase/ (Decrease) by Adjustment	Used to Adjust Basis	Other Investment/ Miscellaneous Income
NONE													
9999999 - Totals								XXX					

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STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE DB - PART C - SECTION 1

Showing all Collar, Swap and Forwards Open at Current Statement Date

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Description	Notional Amount	Date of Maturity, Expiry or Settlement	Strike Price, Rate or Index Rec (Pay)	Date of Opening Position or Agreement	Exchange or Counterparty	Cost or (Consideration Received)	Book Value	*	Statement Value	Fair Value	Year to Date Increase/ (Decrease) by Adjustment	Used to Adjust Basis of Hedged Item	Other Investment/ Miscellaneous Income	Potential Exposure
0499999. Subtotal - Collars														
Credit Default Swap - Rec 0.0000 [Pay 0.3600]	6,442,467	06/20/2011	0.0000 [0.3600]	05/19/2006	JP Morgan Chase Bank, N.A.			XXX	14,260	14,260			(885)	74,139
Credit Default Swap - Rec 0.0000 [Pay 0.9000]	171,875	06/20/2008	0.0000 [0.9000]	04/24/2003	Lehman Brothers Special Finance - Gtd				(2,686)	(2,686)			(778)	1,291
Credit Default Swap - Rec 0.0000 [Pay 1.1000]	378,126	06/20/2013	0.0000 [1.1000]	04/24/2003	Lehman Brothers Special Finance - Gtd				(15,278)	(15,278)			(2,091)	5,118
Currency Swap - Rec fixed USD [Pay fixed CAD]	1,506,594	02/18/2014	5.6475% [6.0820%]	02/10/2004	UBS, AG				(251,675)	(416,923)			(11,802)	21,310
Currency Swap - Rec fixed USD [Pay fixed CAD]	1,200,000	10/28/2014	5.4300% [6.1000%]	10/01/2004	Deutsche Bank, AG				(160,773)	(284,445)			(9,335)	17,700
Currency Swap - Rec fixed USD [Pay fixed CHF]	1,799,998	08/18/2010	3.9200% [2.5400%]	07/25/2003	Deutsche Bank, AG				(215,797)	(241,344)			10,451	18,980
Currency Swap - Rec fixed USD [Pay fixed EUR]	3,414,250	10/30/2013	5.7000% [5.6350%]	10/23/2002	Goldman Sachs Capital Markets, LP - Gtd				(1,059,800)	(1,460,271)			(30,957)	47,354
Currency Swap - Rec fixed USD [Pay fixed EUR]	122,830	04/30/2009	9.9900% [8.0000%]	09/12/2005	Citibank, NA				(5,282)	(5,282)			992	1,086
Currency Swap - Rec fixed USD [Pay floating AUD]	1,600,000	05/05/2015	5.5000% [AUD 6M CU+0.6500%]	03/23/2005	Citibank, NA				61,251	(27,805)			(7,480)	24,302
Interest rate swaps - Rec fixed [Pay floating]	125,000,000	08/05/2015	4.7360% [USD LIBOR 3M]	08/03/2005	Morgan Stanley Capital Services - Gtd				(8,575,602)	(8,575,602)			(34,766)	1,924,689
Interest rate swaps - Rec fixed [Pay floating]	125,000,000	08/05/2015	5.0300% [USD LIBOR 3M]	12/21/2005	Morgan Stanley Capital Services - Gtd				(5,993,601)	(5,993,601)			134,437	1,924,689
0599999. Subtotal - Swaps - Hedging														
Credit Default Swap - Rec 0.4000 [Pay 0.0000]	6,442,467	06/20/2011	0.4000 [0.0000]	05/19/2006	JP Morgan Chase Bank, N.A.			XXX	(16,204,983)	(17,008,977)			47,787	4,060,658
0799999. Subtotal - Swaps - Other														
Credit Default Swap - Rec 0.4000 [Pay 0.0000]	6,442,467	06/20/2011	0.4000 [0.0000]	05/19/2006	JP Morgan Chase Bank, N.A.			XXX	(16,204,983)	(17,008,977)			11,349	74,139
0899999. Subtotal - Swaps														
Currency Forward - BUY USD SELL EUR	656,095	09/11/2006	1.2055	03/08/2006	JP Morgan Chase Bank, N.A.			XXX	(42,588)	(42,588)				2,214
Currency Forward - BUY USD SELL EUR	841,667	09/11/2006	1.2055	03/08/2006	JP Morgan Chase Bank, N.A.				(54,634)	(54,634)				2,840
Currency Forward - BUY USD SELL EUR	619,716	09/11/2006	1.2028	03/07/2006	Citibank, NA				(41,715)	(41,715)				2,091
Currency Forward - BUY USD SELL GBP	812,054	09/11/2006	1.7400	03/07/2006	JP Morgan Chase Bank, N.A.				(51,906)	(51,906)				2,740
Equity Forward - USD S&P500 US OTC IDX	12,000	10/12/2011	21.25	10/04/2005	Deutsche Bank, AG				(210,908)	(210,908)				142
0999999. Subtotal - Forwards - Hedging														
Currency Forward - BUY USD SELL EUR	656,095	09/11/2006	1.2055	03/08/2006	JP Morgan Chase Bank, N.A.			XXX	(42,588)	(42,588)				2,214
1299999. Subtotal - Forwards														
Currency Forward - BUY USD SELL EUR	656,095	09/11/2006	1.2055	03/08/2006	JP Morgan Chase Bank, N.A.			XXX	(42,588)	(42,588)				2,214
2599999. Subtotal - Hedging														
Currency Forward - BUY USD SELL EUR	656,095	09/11/2006	1.2055	03/08/2006	JP Morgan Chase Bank, N.A.			XXX	(42,588)	(42,588)				2,214
2799999. Subtotal - Other														
Equity Forward - USD S&P500 US OTC IDX	12,000	10/12/2011	21.25	10/04/2005	Deutsche Bank, AG			XXX	(210,908)	(210,908)				142
9999999 - Totals														
									XXX	(16,606,734)	(17,410,728)		59,136	4,144,824

SCHEDULE DB - PART D - SECTION 1

Showing all Futures Contracts and Insurance Futures Open at Current Statement Date

1	2	3	4	5	6	7	8	9	Variation Margin Information			13
									10	11	12	
Description	Number of Contracts	Maturity Date	Original Value	Current Value	Variation Margin	Date of Opening Position	Exchange or Counterparty	Cash Deposit	Recognized	Used to Adjust Basis of Hedged Item	Deferred	Potential Exposure
Long 10 Yr Swap Future(DIU6)	269	09/30/2006	27,803,672	27,433,797	(369,875)	06/12/2006	CBOT		(369,875)			181,575
Long DJ Euro STOXX 50(VGU6)	10	09/30/2006	467,285	468,223	938	06/30/2006	CME		938			3,772
Long S&P 500 Index(SPU6)	35	09/30/2006	11,083,625	11,194,750	111,125	06/08/2006	CME		111,125			551,250

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STATEMENT AS OF JUNE 30, 2006 OF THE METLIFE LIFE AND ANNUITY COMPANY OF CONNECTICUT

SCHEDULE DB - PART D - SECTION 1

Showing all Futures Contracts and Insurance Futures Open at Current Statement Date

1 Description	2 Number of Contracts	3 Maturity Date	4 Original Value	5 Current Value	6 Variation Margin	7 Date of Opening Position	8 Exchange or Counterparty	9 Cash Deposit	Variation Margin Information			13 Potential Exposure
									10 Recognized	11 Used to Adjust Basis of Hedged Item	12 Deferred	
Long S&P 500 Index(SPU6)	10	09/30/2006	3,207,000	3,198,500	(8,500)	06/30/2006	CME		(8,500)			157,500
Long S&P 500 Index(SPU6)	159	09/30/2006	50,351,325	50,856,150	504,825	06/08/2006	CME		504,825			2,504,250
0199999. Subtotal - Long Futures - Hedging			92,912,907	93,151,420	238,513	XXX	XXX		238,513			3,398,347
0499999. Subtotal - Long Futures			92,912,907	93,151,420	238,513	XXX	XXX		238,513			3,398,347
Short 10 Yr Swap Future(DIU6)	48	09/30/2006	4,961,250	4,895,250	66,000	06/12/2006	CBOT		66,000			32,400
Short 10 Yr Swap Future(DIU6)	70	09/30/2006	7,101,719	7,138,906	(37,188)	06/27/2006	CBOT		(37,188)			47,250
Short DJ Euro STOXX 50(VGU6)	24	09/30/2006	1,066,966	1,123,736	(56,770)	06/15/2006	CME		(56,770)			9,052
Short DJ Euro STOXX 50(VGU6)	106	09/30/2006	4,707,017	4,963,167	(256,151)	06/15/2006	CME		(256,151)			39,982
Short Nasdaq 100 Future(NDU6)	20	09/30/2006	3,134,900	3,183,000	(48,100)	06/12/2006	CME		(48,100)			300,000
Short Russell 2000 Future(RLU6)	18	09/30/2006	6,341,850	6,583,500	(241,650)	06/12/2006	CME		(241,650)			243,000
0599999. Subtotal - Short Futures - Hedging			27,313,701	27,887,559	(573,858)	XXX	XXX		(573,858)			671,684
0899999. Subtotal - Short Futures			27,313,701	27,887,559	(573,858)	XXX	XXX		(573,858)			671,684
2099999. Subtotal - Insurance Futures Call Options						XXX	XXX					
2499999. Subtotal - Insurance Futures Put Options						XXX	XXX					
2599999. Subtotal - Hedging			120,226,608	121,038,980	(335,345)	XXX	XXX		(335,345)			4,070,031
2799999. Subtotal - Other						XXX	XXX					
9999999 - Totals			120,226,608	121,038,980	(335,345)	XXX	XXX		(335,345)			4,070,031

Schedule E - Part 2 - Cash Equivalents

N O N E