

Questions for Self-Reflection

Please complete these questions in writing and hand to therapist at first session

What was it like growing up? Who was in your family?

How did you get along with your parents early in your childhood?

How did your relationship evolve throughout your youth and into the present?

How did your relationship with your mother and father differ? Were similar?

Are there ways in which you try to be like/not like each parent?

Did you feel rejected or threatened by your parents?

Were there other experiences in your life that were overwhelming/traumatic?

Are these experiences "still alive"? Continue to influence your life?

How did your parents discipline you? What impact did that have on your childhood?

How does it impact your role as a parent now?

Do you recall your earliest separations from your parents? What was it like?

Did you ever have prolonged separations from your parents?

Did anyone significant in your life die during your childhood or later?

What was it like for you then and how does it affect you now?

How did your parents communicate with you when you were happy/excited?

How did they communicate when you were unhappy/distressed?

Did your father or mother respond differently during these times? How?

Was there anyone besides your parents who took care of you?

What was that relationship like for you? What happened to them?

If you had difficult times during your childhood, were there positive relationships in or outside your home that you could depend on? How did those connections benefit you then and how might they help you now?

Dan Siegel, Parenting from the Inside Out, Tarcher/Putnam, 2003, p.133