Therapy on Sea with Rekindled Counselling

Circular Questioning in Couples Counselling

Examples (modified from Brown, 1997):

Sourced from Positive Psychology What Is Circular Questioning in Family Therapy? 20 Examples

Behaviour - A focus on behaviour can help in understanding what has led to the situation or problem. Such questions can often be more neutral and may appear less judgmental, paying attention to how someone acts rather than their values.

- When your partner stays out late without telling you where they are, what feelings come up for you?
- How does shouting at your child relate to your beliefs about child rearing?
- How do you make sense of the difference between their behaviour at home and school?
- When the family argues, does it bring you all closer together or further apart?

Feelings - Questioning feelings can be helpful for "understanding the meaning and motivations of behaviour" while increasing client self-understanding

- How do you feel when your partner calls you incompetent or other such negative labels?
- When they tell you that they don't love you anymore, what emotions emerge?
- When you spend long periods feeling angry with each other, how do you think that affects your relationship?
- When your partner feels sad, what feelings do you have?

Beliefs- These often arise from difficult or uncomfortable past experiences or our environment. Asking questions to understand another's thoughts and ideas can help uncover why they act, feel, and think as they do.

- When your partner is reluctant to help with the housework, what do you think they believes about the role division?
- When your partner is sad about not having had a child, do you think it is more because they want a child or because they want to please others?
- When you believe that conflict should be out in the open in any relationship, does your partner agree more or less with you?
- When you believe that there is a danger in expressing your anger at home, do you think that unites or separates the family?

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