Therapy on Sea with Rekindled Counselling

Socratic Questioning in Couples Counselling

Meet, greet and grow

What was it about each other that initially gave you the desire to know more about each other?

What values/morals/characteristics made you stand out to each other?

Can you both recall an experience you shared that made you feel particularly close to each other? Why does that one stick in your mind?

Can you both individually look back over your relationship what were some of the most challenging times? What did you do to overcome those challenges?

What do you mean when you say that things aren't working? Can you explain that more clearly?

How do you feel when that issue arises in your relationship? What's going through your mind at that moment? Can you both take it in turns to say?

What assumptions might you be making about your partner's intentions in this situation?

What assumptions might your partner be making about you or the relationship?

Understanding each other

Do you both understand each other's days, the things that go on within them?

How can you both make a day more enjoyable or meaningful to each other?

Do you feel loved and appreciated?

What are the biggest stressors or worries in your relationship right now? Do you agree on them from each other's point of view?

Do you feel your personal values and goals align?

Do you have boundaries in your relationship? Are they understood and respected?

How do you both handle conflict?

If you were able to make a positive change in your relationship, what would be the first thing you'd do?

How would you like to be different in how you respond to each other? What would that look like in action?

How does this issue fit into the broader picture of your relationship? Is it the most important thing to focus on right now?

Sian Hines Counsellor and Hypnotherapist (Ad Dip Psy C, Prof. Dip Psy C)

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How do your current challenges relate to past experiences in the relationship? What patterns can you identify, if any?

Future looking

Do you talk about where you envisage your relationship five years from now?

What are some goals you'd like to achieve together in the next year?

How about in the next five years?

In what ways do you both need to grow individually to contribute to your growth as a couple?

What do you think will happen if things continue the way they are? How do you feel about that future?

How does this situation affect your relationship and your well-being in the long term?

What might be some other reasons your partner might behave this way, aside from what you initially think?

Is it possible that your partner sees the situation differently from you? How might they explain it?

What is most important to you in your relationship right now? How do your actions reflect those values?

What do you want to prioritize in your relationship moving forward? How can you and your partner work together toward that?

How do you think your partner feels about the situation? How might their experience be different from yours?

Intimacy

How would you describe your current level of physical intimacy (hugs, kisses, cuddling, etc.)? and how does it make you feel?

Are there ways you'd like to express or receive physical affection that you haven't spoken or explored yet?

Is there comfortability with this?

Would you like more or less of something in particular?

In terms of love and care, how important is physical touch to you?

Are you both comfortable sharing your emotions, thoughts, and vulnerabilities with each other?

Can you recall a time when you felt deeply understood and accepted?

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What happened to make you feel that way?

Are there any fears or worries you have about your relationship that you'd like to share and discuss?

How can you both better support each other's emotional wellbeing on a day to-day basis?

Are you satisfied with your sex life? Is there's anything you'd like to explore or change, if so what would that be?

What makes you feel turned on and desired when it comes to sex?

Are there aspects of your sexuality or sexual preferences that you haven't shared with each other, but would like to?

Probing

What do you mean when you say X?

What do you think could help resolve this issue, even if it's a small step?

What might happen if you both tried a different approach next time this issue comes up?

Could you explain that point further, can you give an example?

I see, is there a different point of view that can be considered?

What assumptions are we making here, are you saying that.....?

Can you provide an example that supports what you are saying?

Where is the evidence that backs up what you are saying?

Do you have all the information and facts that is needed?

Are there alternative viewpoints?

How could someone else respond and why?

How would this affect someone?

Are there any long-term implications to this?

The question that you asked, what was so important about asking it?

What would have been a better question to ask?