Therapy on Sea with Rekindled Counselling

Solution Focused Questions in Couples Counselling

What would we do if we were at our best?

When you have felt like this before, what has your attention been on?

What do your thoughts or self-talk need to look like to stop feeling negative?

When you have felt less than your best, what did you do more or less of?

How did you meet?

Once you met, how did you first notice the potential for a long-term relationship?

How did you know that your partner was also interested?

What did you first do to let your partner know that you were interested?

What did you notice your partner doing that indicated that they enjoyed the early days of the relationship?

How did you let them know you were pleased about their enjoyment?

What is your favourite thing about your partner?

What are you most proud of about the relationship you have created?

What are you most pleased that your children get to see about your relationship?

What did you each of you do to grow the relationship from when you first met to the happiest time?

How did you maintain those happy times before the problem started?

Once the problem started, what did each of you do to help solve it?

What has made you try to solve the problem instead of giving up on the relationship?

What's working well in your relationship right now?

Can you think of a time when things were going really well? What was different then?

If things were to improve between you both, what would that look like in a week/month/year?

What resources, both internal and external, can you both draw on to support your relationship?

What is one thing each of you could do tomorrow to improve your connection?

If you woke up tomorrow and everything was better in your relationship, what would you notice first?

What's one small, positive change that has happened recently in your relationship?

How can you remind each other of the progress you've made when you feel stuck?

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