Therapy-on-Sea

Emotionally Focused Therapy – Restructure Stage

Some questions to consider for sessions.

1. Do you have an image of what this looks like in your head, a model that can help you create in your present relationship?
2. Did your past relationships teach you that loved ones are unreliable or unavailable and you had to be vigilant and fight to be seen and be responded to?
3. Or did you learn that depending on others is dangerous and it is best to distance yourself, to not need others and avoid closeness?
4. These basic strategies often switch on when we feel our partner is distant or disconnected? What strategies have you used before when things start to go wrong in a relationship?
5. Can you remember a time when you really needed to know that your loved one (partner or parent) was there for you. If they weren't, can you remember what that was like for you and what you learned from that - How did you cope? - Does this have an impact on your relationship now?
6. If it's too hard to turn to and trust others, to let them close when you really need them, what do you do when life gets too much to handle or when you feel alone?
7. In your present relationship, can you ask for closeness and comfort? - Is this easy or difficult to do? – Do you see this as a sign of weakness, or it feels risky for you. Rate your difficulty from 1 to 10. A high score meaning that this is difficult for you to do. If you can, share this with your partner.
8. When you feel disconnected or alone in your present relationship, are you likely to shut down and try not to feel your need to connect? - Can you think of a time when this happened?

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