

## The Answer

Psychoeducation on “The Answer.” What we had to do to adapt, survive, and connect when we were young becomes our strength and is/was very helpful. However, sometimes our greatest strengths can also get in our way. What we want is a very natural, comfortable balance of the things that we are good at so our true self can shine. These questions are designed for the clinician and client to see how the client’s greatest strengths can also get in their way of their freedom.

When considering each question, encourage clients to answer from a place of being “at their worst.” We are looking for what they do when they are under psychological distress as that will lead us down the most helpful path toward healing.

### Questions:

What are you most proud of?

How is that helpful?

Does it get in your way?

What are you most proud of in intimate relationships?

How is that helpful?

Does it get in your way?

What were you most proud of growing up?

How was that helpful?

Did it get in your way?

What is difficult for you to do?

How might that be helpful?

Does it get in your way?

What is difficult for you to do in intimate relationships?

How might that be helpful?

Does it get in your way?

What was difficult for you to do growing up?

How might that have been helpful?

Did it get in your way?

What do you do under stress?

How is that helpful?

Does it get in your way?

What do you do under stress in intimate relationships?

How is that helpful?

Does it get in your way?

What did you do under stress growing up?

How was that helpful?

Did it get in your way?

How do you handle extreme pressure?

How is that helpful?

Does it get in your way?

How do you handle extreme pressure in intimate relationships?

How is that helpful?

Does it get in your way?

How did you handle extreme pressure growing up?

How was that helpful?

Did it get in your way?

How are you with deadlines?

How is that helpful?

Does it get in your way?

How were you with deadlines growing up?

How was that helpful?

Did it get in your way?

How do you get your “way?”

How is that helpful?

Does it get in your way?

How do you get your “way” in intimate relationships?

How is that helpful?

Does it get in your way?

How did you get your “way” growing up?

How was it helpful?

Did it get in your way?

Is it easy for you to say “no?”

How is that helpful?

Does it get in your way?

Is it easy for you to say “no” in intimate relationships?

How is that helpful?

Does it get in your way?

Was it easy for you to say “no” growing up?

How was that helpful?

Did it get in your way?

Do you cry easily?

How is that helpful?

Does it get in your way?

Do you cry easily in relationships?

How is that helpful?

Does it get in your way?

Did you cry easily growing up?

How was that helpful?

Did it get in your way?

What do you do when you are upset?

How is that helpful?

Does it get in your way?

Do you cry in front of others?

How is that helpful?

Does it get in your way?

Do you cry in front of others in intimate relationships?

How is that helpful?

Does it get in your way?

Did you cry in front of others growing up?

How is that helpful?

Does it get in your way?

Would you call yourself a “rule follower?”

How is that helpful?

Does it get in your way?

Would you call yourself a “rule follower” in intimate relationships?

How is that helpful?

Does it get in your way?

Would you call yourself a “rule follower” growing up?

How is that helpful?

Does it get in your way?

How do you deal with conflict?

How is that helpful?

Does it get in your way?

How do you deal with conflict in intimate relationships?

How is that helpful?

Does it get in your way?

How did you deal with conflict growing up?

How is that helpful?

Does it get in your way?

In an emergency situation, what are you likely to do?

How is that helpful?

Does it get in your way?

In an emergency situation in intimate relationships, what are you likely to do?

How is that helpful?

Does it get in your way?

In an emergency situation growing up, what were you likely to do?

How is that helpful?

Does it get in your way?

Is it easy to ask for help?

How is that helpful?

Does it get in your way?

It is easy to ask for help in intimate relationships?

How is that helpful?

Does it get in your way?

Was it easy to ask for help growing up?

How is that helpful?

Does it get in your way?

is it difficult to accept help?

How is that helpful?

Does it get in your way?

Is it difficult to accept help in intimate relationships?

How is that helpful?

Does it get in your way?

Was it difficult to accept help growing up?

How is that helpful?

Does it get in your way?

How convincing are you?

How is that helpful?

Does it get in your way?

How convincing are you in intimate relationships?

How is that helpful?

Does it get in your way?

How convincing were you growing up?

How is that helpful?

Does it get in your way?

What are you likely to do when someone tells you “no?”

How is that helpful?

Does it get in your way?

What are you likely to do when someone tells you “no” in intimate relationships?

How is that helpful?

Does it get in your way?

What were you likely to do when someone told you “no” growing up?

How is that helpful?

Does it get in your way?

How do you deal with negative feedback?

How is that helpful?

Does it get in your way?

How do you deal with negative feedback in intimate relationships?

How is that helpful?

Does it get in your way?

How did you deal with negative feedback growing up?

How was that helpful?

Did it get in your way?

### Nonviolent Communication of “The Answer”

“So it sounds like you are really good at [what is over-developed] and it is harder for you to [what is under-developed]. My guess is that when we are processing and you start to move toward something that doesn’t feel good, you might [predict what client may do when gets close to pain].”

The clinician predicts what is over and underdeveloped for the client without using nonviolent communication (e.g., not using words that indicate “weakness” or “flaw.”) The client is given the opportunity to respond to the clinician’s communication. The goal is for the clinician to understand what it is like to be that client - and for this understanding to be felt by the client.