

GOTTMAN METHOD-INSPIRED QUESTIONS TO BETTER UNDERSTAND YOUR PARTNER'S UPBRINGING & CHILDHOOD

FAMILY DYNAMICS:

- How would you describe your relationship with each of your parents?
- Did you have siblings? If so, how did your relationship with them evolve over the years?
- Was there a family member you felt particularly close to? What made that relationship special?
- How did your family celebrate holidays or special occasions? What traditions did you enjoy most?
- Was there a family pet? How did that pet affect your childhood experience?

EMOTIONAL EXPERIENCES:

- Can you describe a time in your childhood when you felt really proud of an accomplishment?
- What was a common source of stress in your childhood, and how did you manage it?
- Were there moments when you felt particularly lonely or misunderstood? How did you cope?
- Can you think of a time when you felt really scared or anxious as a child? How did you deal with those feelings?
- What was your happiest childhood memory, and why does it stand out to you?

COMMUNICATION STYLES:

- How did your family communicate affection? Were there specific phrases or actions?
- Were there any "taboo" topics in your family that were avoided? How did that impact communication?
- How did your parents handle mistakes or failures? What did you learn from those experiences?
- Did you feel heard and understood as a child? Can you give an example?
- How do you think your upbringing influenced the way you express your feelings now?

SUPPORT SYSTEMS:

- Who did you feel you could rely on when things got tough?
- Were there family rituals or practices that provided comfort or stability?
- How did your parents support you during challenging times, like school pressures or friendships?
- Did you have mentors or role models outside of your family? Who were they, and what influence did they have?
- How has your understanding of support evolved from your childhood to now?

VALUES AND BELIEFS:

- What moral lessons do you remember being taught as a child? How have they influenced you?
- Were there any significant events or experiences that shaped your worldview?
- How did your family handle issues of fairness or justice?
- What role did gratitude play in your family life? Were you encouraged to express it?
- How do you feel your upbringing has shaped your views on success and achievement?

COPING MECHANISMS:

- What activities or hobbies provided you with a sense of escape or comfort during tough times?
- How did you handle feelings of anger or frustration as a child?
- Did you have any coping strategies that helped you navigate difficult emotions?
- Were there any unhealthy habits you developed as a way to cope?
- How do you currently handle stress compared to how you did as a child?

Gottman Questionnaires

M Carnoy



Gottman Questionnaires:

Whispering the Techniques of Language: An Emotional Journey through **Gottman Questionnaires**

In a digitally-driven earth wherever screens reign supreme and quick connection drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases usually get unheard. However, set within the pages of **Gottman Questionnaires** a charming literary prize pulsing with raw feelings, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this enchanting opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the mental depths of the touching review, we can embark upon a honest exploration of the book is key subjects, dissect its interesting writing design, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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