

# **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

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Leighton**



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