

Practical questions for SD

- 1. Are you comfortable handling a problem by yourself and relying on someone who is important to you?**
2. Are you able to acknowledge the importance of your own interests and wishes as well as the interests and wishes of your partner and to find time for both?
- 3. Do you value the importance of both your emotional experiences and your more reflective insights?**
4. Do you focus a great deal on your interests and independence and place less value on relationships?
5. When you plan for the future do your thoughts involve your personal development more than the development of your relationships?
- 6. Do you adopt a highly rational approach to life`s decisions while placing little value on your emotional experiences?**
- 7. Do you focus more on your relationships than on your individual interests and pursuits?**
8. Do you worry a great deal about your important relationships and often find them less satisfying than you wish them to be?
- 9. Does your mind frequently wander to past relationship problems and losses, including those that extend back into childhood?**
10. Do you find yourself taking action that is driven more by your emotions than by reflection on what the best course might be?
11. Do you find that certain experiences in your important relationships are extremely difficult to manage?
- 12. Do events from past relationships intrude into your experiences in your present relationships?**
- 13. Do you have considerable difficulty regulating your thinking, emotions, and behaviors in certain situations with your partner?**
- 14. What benefits do you think there are in maintaining this style?(what would you not want to give up if you were to change this style and adopt a more autonomous style)?**
15. What disadvantages do you think there are in maintaining this style?(what would you want to achieve if you were to change this style and adopt a more autonomous style)?

16. What initial thoughts do you have about making these changes so as to achieve a more autonomous style?(Revisit this question as you proceed through these questions.)
17. What benefits do you think there are in maintaining this style?(what would you not want to give up if you were to change this style and adopt a more autonomous style)?
18. What disadvantages do you think there are in maintaining this style?(what would you want to achieve if you were to change this style and adopt a more autonomous style)?
19. What initial thoughts do you have about making these changes so as to achieve a more autonomous style?(Revisit this question as you proceed through these questions.)
- 20. What do you think the past relationship events are that negatively affect your current relationships and functioning?**
21. What are the effects on your current relationships and functioning?
- 22. What initial thoughts do you have about how to make changes so you can resolve past relationship stresses so they have little or no impact on your current relationships?**