

Cognitive Behavioral Therapy	
CBT question:	Purpose
what specific thoughts were you having at that moment?	identifying automatic thoughts
how did that thought make you feel about yourself?	exploring emotional impact
on a scale of 1-10, how much do you believe that thought?	assessing belief strengths
what evidence supports/refutes this belief?	encouraging critical thinking
have you ever had a situation where that belief was wrong?	challenging thought patterns
how might someone who loves you challenge that thought?	shifting perspective
if you believed the opposite, how might your behavior change?	considering alternative actions

Cognitive Behavioral Therapy (cont)	
are you generalizing this to other areas of your life?	identifying cognitive distortions - all or nothing thinking
what's the worst case scenario? how would you cope?	anxiety reduction through problem solving
how does holding this belief benefit or hinder you?	exploring pros/cons of maintaining the thought
what advice would you give a friend with this thought?	gaining an objective perspective
what would you like to think instead?	encouraging healthier thinking
are there behaviors based on this belief?	linking thoughts to behaviors
does this thought align with your core values?	evaluating belief alignment with values
what triggers or patterns bring up this thought?	identifying triggers and patterns

Cognitive Behavioral Therapy (cont)	
in what situations is this belief most accurate?	contextualizing the belief
how would you feel without this belief?	exploring emotional impact of change
do any actions reinforce this belief?	recognizing reinforcing behaviors
how might changing this belief alter future decisions?	motivating positive future changes

Cognitive Behavioral Theory basis	
emphasizes the connection between our thoughts behaviors and feelings	
aims to identify and challenge negative thought patterns	

Existential Therapy Questions	
ET Questions:	Purpose
what gives your life meaning and purpose?	exploring personal meaning and value
How do you relate to the idea of freedom in your life?	Reflecting on autonomy and choice
What personal responsibilities do you often ponder about?	Examining individual responsibility

Existential Therapy Questions (cont)	
How do you cope with feelings of loneliness or isolation?	Understanding responses to existential isolation
What are your thoughts on the inevitable nature of death?	Addressing mortality and death anxiety
How do you define a life well-lived?	Exploring personal philosophies of fulfillment
What stands between you and living authentically?	Identifying barriers to authenticity
How do you grapple with life's uncertainties?	Coping with ambiguity and unpredictability
Where do you find hope when confronted with challenges?	Identifying sources of motivation during hardship
What experiences make you feel most alive?	Exploring moments of deep engagement and vitality
How does the idea of choice influence your decisions?	Reflecting on the power of personal decisions



Existential Therapy Questions (cont)	
When do you feel most connected/disconnected from the world?	Exploring feelings of connection or alienation
What existential fears or anxieties do you often contemplate?	Addressing existential concerns
How do you derive meaning from your relationships?	Understanding the role of relationships in meaning-making
Do you feel trapped by societal norms or expectations?	Reflecting on societal pressures and personal freedom
What legacy or impact do you hope to leave?	Exploring ideas of legacy and contribution
How do you view your journey of self-discovery and growth?	Reflecting on personal evolution
Do you question your significance or worth?	Examining self-worth and existential doubt

Existential Therapy Questions (cont)	
How do you reconcile with past regrets or missed opportunities?	Processing regret and acceptance
What beliefs guide you when navigating life's complexities?	Exploring guiding principles in challenging situations

**Existential Therapy**

dives into life's fundamental questions, such as the meaning of life, freedom and responsibility, isolation, and mortality.

aims to help individuals confront these existential concerns, find purpose, and lead a life that feels authentic

Psychodynamic	
Psychodynamic Therapy Questions	Purpose
can you recall an early memory that this current situation reminds you of?	exploring links between past and present
how did you feel in your family growing up?	examining family dynamics and emotional development

Psychodynamic (cont)	
do you notice any patterns in the types of relationships you form?	identifying repetitive relationship patterns
how does this relationship compare to ones in your past?	drawing parallels between past and current relationships
what did you learn about trust, love and conflict as a child?	uncovering learned beliefs about relationships
can you remember a time when you felt similarly as a kid?	accessing childhood emotions linked to current experiences
how do you think your childhood shapes your current reactions?	understanding how early experiences impact present behavior
what role did you feel you played in your family growing up	exploring identity formation within family dynamics
do you recall any recurring dreams from the past or present?	uncovering unconscious material through dreams

Psychodynamic (cont)	
in what ways might you be repeating behaviors from earlier life?	identifying cyclical behaviors rooted in the past
what thoughts arise when you think about [specific past event/person]?	processing unresolved feelings related to the past
how did your family handle emotions like anger or sadness?	exploring emotional regulation and family emotional dynamics
how might this issue have roots in a past experience or relationship?	connecting past experiences with present issues
do certain situations make you feel younger or take you back to a past time?	investigating regression and emotional responses
what hopes or fears from your childhood might still be influencing you?	uncovering lingering childhood anxieties or desires



Psychodynamic (cont)	Family Therapy	Family Therapy (cont)	Family Therapy (cont)
were there any family secrets or unspoken rules you felt growing up?	exploring family dynamics and hidden influences	FT questions: Purpose	exploring conflict resolution within the family
how would your younger self react to your current situation?	reflecting on childhood perspectives in the present	how would you describe your role within the family?	exploring family roles and dynamics
what would you want to ask your caregivers if they were here now?	processing unresolved issues or communication with caregivers	can you share a recent event where you felt connected as a family?	identifying positive family experiences
how have past losses or traumas influenced your emotional handling today?	examining the impact of trauma or loss on current coping	are there patterns in family interactions?	highlighting recurring behaviors and communication styles
in what ways do you feel you have grown or changed since childhood	reflecting on personal development and growth	how do you usually respond when [specific family situation]?	examining individual responses to family dynamics
		what changes would you like to see in family dynamics?	setting goals for improved relationships
		how do you feel when [family member] does [action]?	understanding emotional reactions to family behaviors
		when does the family communicate best?	identifying effective communication patterns
		are there any topics that feel off limits?	addressing barriers to open communication
			how do you handle disagreements or conflicts?
			exploring coping mechanisms during difficult times
			how do you show love or appreciation to each other?
			understanding emotional expression within the family
			what traditions or routines are important to your family?
			highlighting meaningful family rituals
			how would you like to feel in family interactions?
			identifying emotional needs in family dynamics
			what do you wish your family members understood about you?
			encouraging empathy and deeper understanding
			how does the family support members during tough times?
			examining support systems within the family
			are outside influences affecting the family dynamic?
			assessing external pressures impacting the family
			what hopes or dreams do you have for your family's future?
			exploring future aspirations for the family
			in what ways do you feel heard or unheard?
			addressing communication gaps
			how can each family member contribute to harmony?
			fostering responsibility for positive change
			<b>Family Therapy Theory</b>
			revolves around understanding and improving the dynamics of familial relationships
			recognizes the family as a unique system where each member plays a role and their actions affect everyone
			goals often extend beyond helping a single individual
			aims to bring harmony understanding and positive change to the entire family unit
			<b>Foundational Questions for Establishing Rapport</b>
			can you tell me a bit more about your daily routine?
			what are some hobbies or activities you enjoy?
			who are the primary people in your life right now?
			can you tell me a bit about your family history?

### Psychodynamic Theory

belief that our early experiences, especially with caregivers shape how we see the world and relate to others

by digging into these memories and feelings, often stored deep in our subconscious we can unveil patterns and heal old wounds



Intervention list for notes
cognitive challenging
cognitive refocusing
cognitive reframing
communication skills
compliance issues
DBT
exploration of coping
patterns exploration
emotions exploration
relationship patterns
guided imagery
interactive feedback
interpersonal resolutions
mindfulness training
preventative services
psycho education
relaxation/deep breathing
review of tx plan
role play
behavioral rehearsal
structured problem solving
supportive reflection
symptom management

Interpersonal Insights	
Interpersonal Insights Questions:	Purpose
how do you currently feel in your relationships?	assessing current emotional states in relationships

Interpersonal Insights (cont)	
can you describe a recent situation where you felt unsupported?	identifying unmet emotional needs
how do you handle conflicts or disagreements?	exploring conflict resolution strategies
how do you seek support when you are feeling down?	understanding support seeking behaviors
have recent events changed the dynamics of your relationships?	analyzing external influences on relationships
how do you feel after interactions with specific people?	reflecting on the emotional impact of interactions
is there a give and take in your relationships?	assessing reciprocity in relationships
how would you describe your role in your group?	exploring identity within social circles
are there patterns you would like to change?	identifying problematic interpersonal patterns

Interpersonal Insights (cont)	
how do mood changes influence interactions?	examining the effects of emotions on relationships
is there a strained relationship right now?	focusing on resolving current relational tension
how do you cope when someone close is going through a tough time?	understanding emotional support in difficult times
what expectations do others have of you?	examining perceived social expectations
are unresolved feelings from past relationships affecting the present?	exploring the impact of past experiences on current relationships
how do you react when you feel misunderstood?	reflecting on communication and emotional priorities
do you feel like your genuine self around others?	assessing authenticity in relationships
how do external stresses impact your relationships?	analyzing how external factors affect interpersonal dynamics

Interpersonal Insights (cont)	
are there times when you feel isolated from loved ones?	identifying feelings of emotional distance or isolation
what steps do you take to mend or strengthen relationships?	fostering active efforts in relationship building

**Interpersonal Theory IPT**

Interpersonal therapy shines a light on the intricate web of our relationships, understanding how they impact our mental well-being and vice versa. By addressing and refining these interpersonal dynamics, individuals can often find relief from emotional distress and forge stronger, more fulfilling connections

**Potential Questions for initial session**

can you share what brings you here today?

have you had any prior experience with therapy?

what do you hope to gain from our sessions?

can you tell me a bit about your current living situation and relationships?

how would you describe your mood or feelings over the past few weeks?



### Potential Questions for initial session (cont)

are there specific events or experiences that have significantly impacted your life?

how do you usually cope with stress or challenges?

are there any immediate concerns or crises you are currently facing?

what are your strengths or things you are proud of?

how do you feel about starting therapy?

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Not published yet.  
Last updated 7th October, 2024.  
Page 5 of 5.

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