

1000 Hills Counseling & Consulting

WITH YOU ON THIS JOURNEY



When life and parenting get hard, it's important that we keep talking. Use the prompts below to start some conversations with yourself and with your person. Take time to really think about your answers and to hear what your person has to say. You can expect that you will each respond differently. Our goal is not to be the same. We just want to understand each other and find ways to be on the same page.

Conversations with yourself

- What did I learn about relationships and connection growing up?
- Where do I fit on the withdrawer – pursuer spectrum?
- Am I really proud of how I show up in my relationship? What needs to change so I am?
- What do I love most about my person?
- When have I felt most connected to them?

Conversations with your partner

- What does our cycle look like? Where do we get stuck?
- What did you learn about connection and comfort growing up?
- What are your raw spots in the relationship? In parenting?
- When do you feel most connected to me?
- What do you want our relationship and family to look like?
- What one change would make a difference in how connected you feel towards us?

Conversations about parenting

- What did you dream about parenting?
- What is the hardest part of parenting / the diagnosis / the trauma that we've gone through?
- Are you having trauma symptoms like nightmares, flashbacks or anxiety that makes it hard to function?
- When is this parenting journey the hardest?
- When do you feel best about your parenting?
- How can I know when you need help?