

## LEARNING TO FAP – QUESTIONS FOR THERAPISTS

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Some of the questions below are of a personal nature. You will be asked to share your answers in this group only to the degree you feel comfortable.

1. Please make an outline or a time chart for a few main events, enduring circumstances, highlights, turning points, and relationships that have shaped who you are as a person, from your birth to the present time.
2. In what ways has your behavior been shaped by the events, etc. above that you have outlined? Consider only large operants such as optimism and pessimism, self confidence, self-esteem, tolerance and patience, ability to tolerate someone else's pain, ability to be intimate, and the types of people you can be intimate with?
3. How do you think the ways you've been punished has shaped who you are (your behavior) as a therapist, both positively and negatively?
4. In general, what do you think your strengths and weaknesses are as a therapist?
5. What concerns and apprehensions do you have about using FAP?