

TYPICAL FAP QUESTIONS TO EVOKE AND UNDERSTAND CRBS

FAP questions bring the client's attention to what s/he is thinking, feeling and doing (1) at the moment and (2) about the therapy, therapist, or therapeutic relationship.

- What are you thinking or feeling right now?
- What's going through your mind right now?
- What's your reaction to what I just said? To the rationale I just gave? To me as your therapist? To the fact that I'm still in training? To agenda setting? To structured therapy? To the homework assignment?
- What were you thinking or feeling on your way to therapy today?
- What were you thinking or feeling while you were waiting for me out in the waiting room?
- What are your hopes, concerns, and fears as you start this therapy relationship with me?
- What are your behaviors that tend to bring closeness in your relationships? What do you tend to do that decreases closeness in your relationships? How would you feel about us watching for your behaviors in here which increase or decrease closeness?
- What were your reactions to our last session? What stood out to you regarding our last session?
- What stands out to you about today's session? What are your feelings or reactions to our session today?
- What's hard for you to say to me?
- How are you feeling about our therapy relationship? What's good about it? What needs to be improved? What do you wish I would have done or done differently?
- What do you think I'm thinking about you/what you did/what you just said?
- How do you feel about your progress?
- What do you think I'm feeling about your progress?
- Are your reactions to me similar to your reactions to _____? Is that how you feel about me, too?