

Interpersonal Relationships

Within Interpersonal psychotherapy, it is vital for the client to understand their relationships with others and become aware of their consequences on their lives.

The following questions provide helpful prompts to explore each relationship, uncover (and document) what makes them special, and their impact on the client (modified from Dietz, Weinberg & Mufson, 2018):

Who are we talking about? [*name of person*]

<p>Tell me about [person]. What are they like?</p>	
<p>What do you like about them?</p>	
<p>What don't you like about them?</p>	
<p>How much time do you spend with them?</p>	
<p>What sort of things do you do together?</p>	
<p>What can you talk to them about?</p>	
<p>What can't you talk about? Why is that?</p>	

Do you talk to them about what is happening in your life?	
How do you feel when you are with them? (happy, sad, angry)	
What makes you happy/sad/angry etc., when you are together?	
Do you argue much? If so, how much?	
What happens when you argue?	
Does it get resolved, or do you just drop it?	
Does the person know you have been feeling sad (or angry, upset, etc.)?	
Is there anything you would like to change about your relationship?	

Reference

- Dietz, L. J., Weinberg, R., & Mufson, L. (2018). *Family-based interpersonal psychotherapy for depressed preadolescents: Clinician guide*. New York, NY: Oxford University Press.