

Some key questions

Questions to keep in mind in situations involving intimacy, boundaries, skills and healthy relationships.

Which of these are the three most important questions?

1. What are the issues to be looked at here?
2. Does this person feel free to talk to somebody about this situation?
3. Does s/he have the language to talk about this?
4. Does s/he have the skills to work through this situation?
5. Where is s/he on the journey of affective maturity?
6. What is the effect of this friendship on the other person?
7. What is the use of his/her time and energy – emotional, spiritual?
8. Is it leading to inappropriate behaviour?
9. How does this relationship affect her/his vocation?
10. Is the other person a vulnerable person?
11. Is the relationship making her/him keep secrets? Is he/she living a double life?
12. Does s/he need to talk about boundaries with the other person?
13. Are unreal expectations being built up about this friendship?
14. Where does s/he want this relationship to go?
15. Is there a power-imbalance in the relationship?