



Guide -Post event inventory

ANALYSIS OF OTHER COMMUNICATION QUESTIONNAIRE

‘You never really understand a person until you consider things from his point of view’

We must understand how and why we construct our conflict stories about each other BEFORE we can understand how to examine these for ourselves in a way that empowers us to make the positive changes and improvements needed to the way we communicate with each other.

In this guide, I provide a framework of questions relating to improving your understanding of the OTHER parent so that you can work more successfully with them, in a shared parenting role.

These questions are designed to help you think differently about the things you and the other parent normally argue about and what you might do or say to influence them to think and feel differently about you, and therefore behave in a more positive way towards you.

There is a different guide focusing on YOURSELF, to help you build a better understanding of why YOU think, feel and behave in the way YOU do towards your former partner so that YOU can begin to make the necessary personal changes to improve the quality of your communication.

It is important for you AND the other person to answer these questions and share them with each other, in order to build a mutual understand and better quality communication.

The questions are divided into questions that identify;

- what is causing the other person to react- **The What**
- why you think they react in this way – **The Why**
- how you can think you can positively influence them to act differently to change the way they think, feel and behave towards you in a more positive way- **The How**

So, here goes:

1.What did we argue about -The dispute

Q. Our argument was about the fact that..... (X always turns up late/ X never listens...)

2. What does X say to others, about me

Q. When x talks to others about me, he/she focuses on.....

3.What did I say or do that caused X to react most strongly

Q. X reacted the strongest when I

4.What does X say to me, when he/she complains about me

Q. When X complains about me to my face he/she focuses on.....

5.What do you think X thinks about me

Q. I believe that X thinks I am.....

6.How would I prefer X to think about me.

Q.I would prefer X to think about me as.....

7.What do you think X feels about you

Q. I believe that X feels that I am.....

8.How would I prefer X to feel about me

Q.I would prefer X to feel.....

9.How does X behave towards me

Q. X

10.How would I prefer X to behave differently towards me

Q.I would prefer X to

11.What would it mean to me if X thought, felt and behaved towards me in the way I would prefer

Q.If X thought, felt and behaved towards me in a way I preferred, it would mean.....

12.What do I think I say or do that causes X to think, feel these things about me and behave towards me in this way

Q. I believe that X thinks, feels and behaves towards me in this way because I...

13.What will I do or say differently that might lead to X thinking, feeling and behaving towards me in a way I would prefer

Q. To help X think, feel and behave differently towards me, I will.....