

The Detective Technique

Part of Love Thinks training developed by Dr. Van Epp
www.lovethinks.com

Exploring *the* Examples of Past Relationship Patterns

**Beware of
casting new
characters
to the same
old script.**

**Be
A
Detective**



● BE A DETECTIVE / ASK QUESTIONS LIKE:

- 1) *How was affection shown in your family?*
- 2) *How were conflicts handled by your parents?*
- 3) *Who handled the discipline in your family?*
- 4) *What responsibilities did you have in the family?*
- 5) *What do you feel strongly about? Rights and Wrongs?*
- 6) *How argumentative or defensive are you?*
- 7) *Do you understand my perspective?*
- 8) *Do you validate my perspective when I explain myself to you?*
- 9) *How does your personality compare with mine?*
- 10) *How do you handle emotions?*
- 11) *What is your spiritual faith and maturity like?*
- 12) *How much do you like to talk?*
- 13) *How do you show me respect?*
- 14) *How do you handle finances?*
- 15) *What are your weakest skills?*
- 16) *What were you like in previous relationships?*
- 17) *How do you handle authority?*