

Psychodynamic Therapy Practice

Use another piece of paper to write the answers.

1. Do you blame anyone for what happening in your life and why?
2. Was that person mentally ill, gone through abuse or an addict?
3. Does blaming anyone help you or make you feel angry or sad?
4. Are you willing to look at new situations and not blame but instead try to report, fix or leave the problem?
5. Have you ever felt like things are fine though they are really falling apart?
how?
6. This is a chemical reaction of the brain that makes you ignore the situation to protect you from further stress, called denial, but doesn't help to fix the problem.
7. Are you willing to look back at your life through stressful situations to find if your brain is or has controlled you? Seek others to tell you the truth of the situation?
8. Have you ever made wrong decisions thinking they were for the best? What were they? Did you try your hardest? What did you learn from it?
9. When stressed our minds often tell us the wrong things. Do you think it best to go over your plans with others first during stressful times to find the best solutions?