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PROCESSING QUESTIONS TO ASK:

When you are experiencing difficult emotions, ask yourself the following Questions:

Q 1 – Ask yourself what you were Expecting of yourself or the other? Your Expectation (Need or Desire) did not get met the way you hoped it would. Time to Re-Evaluate Needs, Desires, Goals, etc.

Q 2 – What did you Believe Should Have or Should Not have happened? Your Should is about Your Belief, Opinion, or Judgment, and even though you believe it should have or should not have happened, it did, so what you Believe or Judge will not solve this dilemma; it does not change reality – The Need is to Try to Understand Why it happened in order to have better potential in Figuring out What you Need to do; sometimes you may not Understand Why something Happened, what is more important is to Believe What you can Do.

Q 3 - Ask yourself How are you Perceiving & What you Are Believing about the Other or Situation. Remember to distinguish the difference between a thought, fact, and opinion.

Q 4 - What part of Reality are you not Accepting, Fighting, Resisting, nor Understanding?

Q 5 - What is Changing that you are not Accepting, Fighting, Resisting, nor Understanding?

Q 6 - What might you be Attached to that is Changing?

Q 7 - What are you trying to Control for Or feeling out of Control over?

Q 8 - Whom / What are you Comparing yourself to? What could you be taking Too Personally?

Q 9 - Are you trying to Be Perfect?

Q 10 - What realm of Codependency is playing out? For example, Whom are you trying to Please? What Responsibilities do you Believe are yours that may not be?