

Invitation to be Curious & Build Understanding

I invite individuals and couples to develop **curiosity and understanding** with themselves as well as with each other. Building knowledge and insights can be powerful mechanisms for impacting the situation(s) we are in.

This can be done through developing a practice of self-awareness or attunement around how you show up. As you explore the following prompts you can subsequently begin to understand how you show up and how you contribute to the "systems" you interact with.

First and foremost, I invite you to understand Attachment style. Then, build off that insight by understanding other facets of our personality and behavior. I've shared other subjects and prompts to be curious about and reflect upon.

The "work" looks like you being curious and exploring what the terms/subjects are, taking time to reflect on yourself, and to be curious about how these may surface when you interact with friends, family, colleagues, or partners.

There is no "test" to check if you're being curious about these facets. There's no "timeline" forcing you to get it done now. Rather, refer to this list when you have the time and capacity to do so...

Understanding | Resources: (Watch)

- Attachment
 - *What's Your Style? Are You More Anxious in A Relationship or Withdrawn?*
 - Link: [Attachment Theory](#)
 - Link: [Attachment Style](#)
- Intro/Extraversion
 - *When, Where, and with Whom do you find you draw energy from? Or how much do connection w/ others drain you?*
 - Link: [Introvert, Extrovert, or....](#)
 - Link: [Theory on Introverts and Extroverts...](#)
- Conscientiousness
 - *Are You A More Organized Individual or More Of A Free Spirit?*
 - Link: [What Is Conscientiousness?](#)
 - Link: [How To Build Conscientiousness](#)
- Experience
 - *Are You More Open To Others and Experiences or More Closed and Cautious?*
 - Link: [Openness to Experience](#)
 - Link: [Conversation About Theory on Openness to Experience...](#)
- Optimism
 - *What is Your Explanatory Style, Are You Optimistic or More Pessimistic?*
 - Link: [What Is Learned Optimism?](#)
 - Link: [The Wisdom of Pessimism...](#)
- Intuition
 - *Do I Rely on My Body or My Mind, Do I Sense or Perceive?*
 - Link: [What is My Intuitive Style?](#)
 - Link: [The Power of Intuition...](#)
- Agreeable
 - *How Friendly Are You? Optimistic with Others? What Are My Boundaries, Am I Warm or Distant?*
 - Link: [What is Agreeableness?](#)
 - Link: [Are You A People Pleaser?](#)
- Executive Function (Neurodiversity)
 - *How does my brain operate as compared to my partner?*
 - Link: [Executive Function](#)
 - Link: [Ted Talk \(Executive Function\)](#)

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Curious|Reflection Prompts: (Write/Journal/Share)

- Trust
 - *How Do I Trust, How Do I NOT Trust, How Is Trust Broken, How Is It Repaired?*
- Play
 - *How Do I Play, How, When, or Where do I interact with Others and Find Joy, What Does Play Look Like for Me?*
- Novelty
 - *Do you like change? Do you seek new, exciting, and unknown stuff? Or do you prefer consistency and predictability?*
- Intimacy
 - *What is My Style or Approach to Love, How Does It Look or Feel, How Do I Share That with Others?*
- Values
 - *What Matters to Me, What Am I Working For, How I Want to Show Up*
- Boundaries
 - *What is Me and What do I allow, what is Not Me and What is Out of Bounds*
- Capacity & Stress Tolerance
 - *What are your limits? How do you know the edges of your margins? Do you thrive under stress or prefer to avoid it?*
- Needs/Wants
 - *What Do I Need/Want, How Am I Safe, What Does Safety Look Like, How does Safety Feel?*
- Scarcity
 - *What is limited for you? Is there something you “wish” you could have more of? Is there something missing?*
- Abundance
 - *What is there too much of in your life? Too much work? Too many chores? Too much fun? Too many substances?*
- Apology & Forgiveness
 - *How Do I Apologize, How Do Others Apologize, Do I ask for Forgiveness, What Does That Look Like?*
- Self-Care
 - *How Do I Take Care of Me, How Often, What Does That Look Like?*
- Superpowers
 - *What Are My Natural Strengths to Leverage and What Superpowers Have I Developed Over My Life Experiences?*
- Kryptonite
 - *What Always Gets the Best of Me, Who is that person that is hard to deal with, What Set or Setting is Hard to Be In?*
- Trauma
 - *In My Life I've Experienced Big T trauma, and In My Life, I've Experienced Little T trauma.*
- Emotions
 - *What Is My Style, What Do I Need to Translate to My Partner, How Do I Become Bi-Lingual with My Partner and Understand Their Style of Emotions?*
- Communication
 - *Am I More Verbal or Non-Verbal, When Do I Shut Down, When Do I Speak Up, Do I Write Better Than I Talk, Do I Think First Talk Second, Do I Talk First and Think Second?*
- Practice
 - *How do I want to show up each day, What is my practice, What am I working For?*

Please note, these are only a few resources intended to get you started. Let your curiosity lead you to identifying more resources around each of these and formulate a broader understanding.