



# **Cultivate Curiosity & Understanding**

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This is an invitation to explore yourself—and your relationships—with curiosity and compassion.

Cultivating understanding starts with turning inward. As you begin to build knowledge and insight, you'll start to see how your inner world shows up in your relationships and interactions. You'll become more aware of the systems you're part of—and how you contribute to them.

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## Step One: Understanding Yourself

Begin with **Attachment Style** and then branch out. Each topic below offers **questions to reflect on** and **resources to deepen your learning**. There is *no test, no deadline*, just an invitation to be curious.

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### Explore & Learn (*Watch/Read*)

<u>Topic</u>	<u>Guiding Questions</u>	<u>Suggested Resources</u>
<b>Attachment</b>	Are you more anxious or avoidant in relationships? How do you seek or retreat from connection?	<a href="#">[Attachment Theory]</a> <a href="#">[Attachment Styles]</a>
<b>Introversiion / Extraversiion</b>	Where and with whom do you recharge? What drains or energizes you?	<a href="#">[Introvert, Extrovert, or...]</a> <a href="#">[Theory on Personality Types]</a>
<b>Conscientiousness</b>	Are you more structured and organized or flexible and spontaneous?	<a href="#">[What is Conscientiousness?]</a> <a href="#">[How to Build Conscientiousness]</a>
<b>Openness to Experience</b>	Are you curious and open or cautious and traditional?	<a href="#">[Openness to Experience]</a> <a href="#">[Conversation on Openness]</a>
<b>Optimism</b>	Are you more hopeful or more guarded in your outlook?	<a href="#">[Learned Optimism]</a> <a href="#">[Wisdom of Pessimism]</a>
<b>Intuition</b>	Do you trust your gut or rely on logic? How do you "sense" the world?	<a href="#">[What is My Intuitive Style?]</a> <a href="#">[The Power of Intuition]</a>
<b>Agreeableness</b>	Are you friendly and warm, or more distant with boundaries?	<a href="#">[What is Agreeableness?]</a> <a href="#">[Are You a People Pleaser?]</a>
<b>Executive Function / Neurodiversity</b>	How does your brain process, organize, and respond differently from others?	<a href="#">[Executive Function Overview]</a> <a href="#">[TED Talk on Executive Function]</a>

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## How to Use This List

- Choose one topic per day or per week—or explore based on what’s relevant now.
- Journal individually, or share with your partner or friend, etc.
- There’s no "right" way to be curious. The only goal is **greater understanding**.

## Reflect & Journal

Use the following prompts to explore how your internal world plays out in your everyday relationships—with yourself and others.

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| <ul style="list-style-type: none"><li>• <b>Trust</b><br/><i>How do I build, lose, and repair trust?</i></li><li>• <b>Play</b><br/><i>What brings me joy? How do I play or experience lightness?</i></li><li>• <b>Novelty</b><br/><i>Do I crave change or stability?</i></li><li>• <b>Intimacy</b><br/><i>What does love or closeness look like for me?</i></li><li>• <b>Values</b><br/><i>What matters most? What do I stand for?</i></li><li>• <b>Boundaries</b><br/><i>What’s mine to hold, and what’s not?</i></li><li>• <b>Capacity &amp; Stress Tolerance</b><br/><i>What are my limits? How do I know when I’m stretched too far?</i></li><li>• <b>Needs/Wants</b><br/><i>What do I need to feel safe, seen, and secure?</i></li><li>• <b>Scarcity</b><br/><i>What feels missing or limited in my life?</i></li><li>• <b>Abundance</b><br/><i>What feels like “too much”?</i></li><li>• <b>Apology &amp; Forgiveness</b><br/><i>How do I say sorry? What does it take for me to forgive or be forgiven?</i></li></ul> | <ul style="list-style-type: none"><li>• <b>Self-Care</b><br/><i>How do I take care of myself—and how often?</i></li><li>• <b>Superpowers</b><br/><i>What are my gifts, strengths, and developed skills?</i></li><li>• <b>Kryptonite</b><br/><i>What settings or people challenge me most?</i></li><li>• <b>Trauma</b><br/><i>What “big T” or “little t” experiences shaped me?</i></li><li>• <b>Emotions</b><br/><i>How do I express emotion? What’s my emotional “language”?</i></li><li>• <b>Communication</b><br/><i>Do I speak more with words or actions? What shuts me down?</i></li><li>• <b>Practice</b><br/><i>How do I want to show up every day? What am I working toward?</i></li></ul> |
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**Curiosity is a gateway to growth.** The more you explore with openness, the more attuned you’ll become to your needs, values, and relationships.