

***Questions written to encourage participants to think about their relationships , communication styles and personal patterns as an introduction to the basic concepts of Transactional Analysis.***

**Different stiles or nuances of communication - let's name it "musicality" of communication:**

- How do you typically communicate in different situations, like at work, with friends, or with family?
- Do you notice that you sometimes speak or act differently depending on who you're with? Can you recall some examples?
- And how about the differences within the tone of your voice or the speed of your speech ?
- When communicating with others, what could influence your tone or approach?

**Reflecting on Interactions:**

- Think of a recent conversation that went really well. What made it successful? How did you feel, how was your voice ? And the other person's ?
- Have you ever had a conversation that didn't go as planned ? What do you think caused the misunderstanding or conflict ?
- Have you ever noticed that there is a sudden surprising change in your mood or tone that in some way you couldn't predict ?
- When interacting with others, do you notice any patterns that seem to repeat, either positive or negative?

**About past influences, for the better or for the worst:**

- Do you think you're past experiences affect how you interact with people today? In what ways?
- Like for example habits or ways of behaving that seem to come from how you were raised ? Or from your past experiences?
- How often those influences make your interaction more easy or more difficult ?
- Do you ever find yourself responding to situations in a way that feels automatic, out of habit? Is that helpful or limiting for you ?

**About Patterns and/or situations that seam to be repetitive:**

- Did you ever feel like you keep finding yourself in similar roles or outcomes, regardless of who you're interacting with?
- Certain situations keep playing out the same way, even if the people involved are different?
- Are there any common themes or issues that repeat in those interactions?

**The feeling of being in charge of actions:**

- When do you feel most in control of your actions and decisions?
- What situations might challenge that control?
- Do you find it easy or difficult to make decisions based on what you want in the moment, rather than what others expect?
- In what areas of your life do you feel most free, and where do you feel more restricted?

**Challenges and Relationships:**

- How do you imagine the most functional relationship ?
- Which would be the challenges in your relationships and any idea how to overcome them ?
- How do you typically approach conflict or disagreement in your relationships?

**Personal objectives or expectations:**

- In which areas in your life would you like to grow or change?
- How do you usually handle stress or difficult emotions when interacting with others?
- Do you every feel you would like to have a better understanding of yourself and your relationships?