

CURIOUS QUESTIONS FOR CONSIDERING PURPOSEFUL SINGLE PARENTING

PURPOSE

These questions are particularly helpful in early sessions for building rapport and identifying goals. They also can help when there is confusion around a decision.

INSTRUCTIONS

Use curious questions to help clarify thoughts, feelings, and goals.

- What makes the dilemma more or less prevalent or intense? Are there times it softens?
- What would it be like to wake up tomorrow and have the dilemma be resolved? What would it look like? What would you be doing?
- Who would you be with? What would they be doing?
- What are your expectations of parenthood?
- What kind of emotional, familial, financial, and supportive stability is there in your life?
- Have you thought about any health issues that may arise in the process and how they might impact you? Who would support you and your child if this were to occur?
- How might your personal and career goals be affected by this decision?
- What does it mean to you that you aren't with a partner at this time in your life?
- How might this impact your dynamic with your child if you aren't able to pursue a partner for a while?
- How do you feel about letting your child know you made the decision to parent them alone? What do you imagine you might tell them?
- How would you feel if you entered your golden years without having raised a child?