MOVIE THERAPY DISCUSSION QUESTIONS

DIRECTIONS: Please use the following questions to discuss the relationships portrayed in the movie.

1. What was the main relationship portrayed in the movie? This is the relationship that you will focus on in the following questions.

2. What main problem(s) did this couple face? Are any of these similar to the problems that the two of you have faced or might face as a couple?

3. Did this couple strive to understand each other? Did they tend to accept one another, even if they were very different? Or did the couple tend to attack each others' differences?

In what way was this relationship similar to or different from your own relationship in this area?

4. Did the couple have a strong friendship with each other? Were they able to support each other through bad moods, stressful days, and hard times? Did they listen to each other like good friends? Did the couple in the movie do considerate or affectionate things for each other?

In what way was this relationship similar to or different from your own relationship in this area?

5. How did the couple handle arguments or differences of opinion? Were they able to open up and tell each other how they really felt, or did they tend to just snap at each other with anger? Did they try using humor to keep things from getting nasty? Did it feel like they were really trying to understand each other?

In what way was this relationship similar to or different from your own relationship in this area?

6. If the couple got into arguments, did they tend to become heated? Did the couple ever start attacking each other, getting increasingly mean and hostile? Did they end up saying things they didn’t really mean? Once this started happening, how did the arguments tend to end?

In what way was this relationship similar to or different from your own relationship in this area?
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7. When one of the partners brought up a problem, did they seem to do it in a constructive way (keeping things specific, explaining their feelings without attacking), or did it seem more like an attack? Did it seem like bringing up a problem became an assassination of the partner’s character?

In what way was this relationship similar to or different from your own relationship in this area?

8. How did the couple in the movie handle hurt feelings? Did they apologize to each other? Did the apologies seem sincere? Did they tend to jump to negative conclusions when their feelings got hurt, or did they tend to give each other the benefit of the doubt?

In what way was this relationship similar to or different from your own relationship in this area?

9. Did the partners seem to have similar expectations of their relationship? Where did their expectations differ? Did it seem like they were aware of their own expectations? Were their expectations reasonable? Did they share their expectations with each other?

In what way was this relationship similar to or different from your own relationship in this area?

10. What other things happened in the movie that might lead you to think differently about your relationship/marriage?

11. What other comments do you have about this movie?