



Discussion Questions for Personal Relationships

December 2022

GENERAL

1. What are the biggest problems you face in your relationships with your spouse, partner, family or friends? Do you feel understood and supported?
2. Do you take time to reflect on problems and define them before you talk to your partner or family? (for example journaling or talking to a therapist)
3. Do you feel like you can share your pain level in a constructive way? Why or why not?
4. Do you share what you need from others? For example, "I'm having a rough day and need some space."
5. What are some things that help your communication with family/ friends?
(For example, picking a good time to talk or looking at the other person's perspective on a topic)

WORK

1. Have you shared your diagnosis and/or limitations with your supervisor or HR? Why or why not?
2. Have you asked for accommodations to work remotely part of the time? Have you applied for a different position (maybe one in admin vs. working with the public or a desk job vs. one that requires lifting, standing etc.)? Why or why not?

DATING

1. How and where do you meet people to date?
2. Do you screen a potential date before using energy to meet in person?
3. When is the best time for you to share your diagnosis, limitations and/or disability with a date?
4. Do friends and family pressure you to share details of your personal life? How do you respond when asked questions you don't want to answer?