

Adjustment Issues

Parent's Divorce

1. How do you feel about your parents getting a divorce?
 - What makes you feel that way?
 - Why do you feel this?
 - Has there been any instance/ situation that supports this view or makes you feel this?
 - Have your parents said anything to make you feel this way?
2. Have you felt that a part of your childhood was lost because of the divorce?
 - Can you explain a bit more about that?
 - What do you feel you missed out on as a child?
 - Do you resent your parents or begrudge them for this?
 - What do you feel were the shortcomings in your family?
 - What would/could be a suitable compensation for this?
 - What can your parents do to make up for this?
3. Were/ are you neglected or ignored because of the divorce?
 - Do you feel your parents are too involved in their new lives?
 - What makes you say this?
 - Do you feel that your basic physical and emotional needs were met?
 - What made you feel neglected?
 - How did you deal with it?
 - Did it make a difference?
 - What sort of additional responsibilities did you have to take on?
4. How is your relationship with each parent now?
 - Do you feel you get enough time from them?
 - How do you spend your time with them?

- What sort of things do you talk about?
 - Is your relationship with either parent strained?
 - What can be done to improve the relationship?
5. What are your worries about this divorce?
- What bothers you most about the divorce?
 - Why?
 - Has something triggered this worry?
 - What can you do to alleviate the worry?
 - Is there something your parents can do to comfort you?
 - What sort of help can they provide?
6. Have you ever felt caught between your parents?
- How does that make you feel?
 - Have you ever felt forced into being in the middle?
 - Have you ever felt forced to taking sides?
 - Are there any instances where you have felt that you were in the middle of the conflict?
7. What can you do to get out of being in the middle?
- Do you think it will work?
 - Is there something your parents can do?
8. How has their divorce affected your life?
- In what way has it affected your life?
 - What are the different aspects of your life that suffer?
 - Can you substantiate it?
9. What do you need to do to get your life back in control/ on track?
- What is your role in it?
 - What is your parent's role in it?
 - What steps can you take?

- Where do you want to start?
10. How do you feel about your mother's/father's new relationship?
- How does it affect you?
 - Do you like her/ his new partner?
 - Are you ignored?
 - Do you feel secure/ insecure?
 - Are you treated well?
 - How is your relationship with his/her new partner?
 - How is this affecting your daily activities and your life?
 - Would you like to develop a good relationship with the new partner?

Home Sickness / hostel life

11. How often do you go back home?
12. How much would you actually like to go home?
- How do you feel when you go home?
 - How do you feel when you have to return to college?
 - Why or what makes you feel this way?
 - What do you miss most when u return?
 - What can be done to change how you feel?
 - What would make it better?
13. What aspect of home do you miss most?
- What can be a suitable substitute for that?
 - What can be done to alleviate some of this feeling?
 - What can you do that will feel familiar to you?
14. How do you distract yourself from missing home?

- What can you do?
- How does it help?
- Is it enough or do you need something more?
- How logical or realistic do you feel this is?
- What do you think is the best way to deal with it?
- Will you be able to do it?
- Has it been helping you?
- What more can you do to relieve some of that feeling of missing home?

15. How have you changed?

- Do you feel as if you have changed for the better or worse during your year in college?
- What triggered or instigated this change?
- Are you comfortable about this change?
- If not, what makes you uncomfortable?
- How are your friends/ family members reacting to this change?
- What aspects of your life does this change affect?

16. What can you learn from this experience?

- What are the advantages of you being away from home?
- How can you use it to your benefit?
- How has it helped you to grow?

17. What have you learnt about yourself?

18. Has there been any situation that you handled well which made you feel good?

- What did you do?
- Did you feel like fleeing the situation?
- How did u face the problem?
- What helped you?
- What motivated you?

- What sort of support did you get?
- How did you feel when you manage/ dealt with the problem?

19. What about the new environment is upsetting you the most?

- What is the cause for this trouble?
- What will help you overcome or cope with this?
- What are the different aspects you find challenging to adjust to?
- What will help you overcome this?

20. What sort of problems are you having with your roommate?

- What are the reasons for this?
- How often does this occur?
- Who initiates the arguments?
- What are usually the consequences?
- How have you dealt with such problems with him/her before?
- Do you feel it will help you now?

21. How is your communication with your roommate?

- How close are you with your roommate?
- How well do you get along with your roommate?
- Do you express your anger/ dissatisfaction to him/her?
- Do you often express that you have a problem with him/her?
- Why not?
- What inhibitions do you have about it?

22. What sort of compromises can you make to have a more pleasant room environment?

- Are you willing to make them?
- How accommodating do you feel your roommate will be?
- Will these compromises help the current situation?
- If not, what are your other options?

23. What do you need your roommate to do for the environment to be friendly?

- What are your expectations from your roommate?
- How can you communicate this across to him/her?
- How would you normally react if these are not met?
- How does it help the situation?
- Is it a possibility?
- How will it affect your relationship with your roommate?