

INTERVIEW QUESTIONS AND TOPICS for Christine B. L. Adams, MD

EMOTIONAL WELLNESS AND ILLNESS

What is emotional conditioning, and how does it begin?

How does emotional conditioning control our thoughts, emotions and behavior?

What are the two main emotionally conditioned roles that form our personalities?

How does emotional conditioning cause automatic responses to others?

What does automatic responding do to us?

How does emotional conditioning lead to emotional illnesses and substance abuse?

Are emotional illnesses different from mental illnesses?

If everyone is emotionally conditioned, is anyone normal?

Is it possible to be a well-balanced person?

If we're all conditioned, how can we break out of those roles and learn to be emotionally healthy and have good relationships?

RAISING CHILDREN

At what age do we first learn how to manage our relationships?

Did something I learned in childhood cause my emotional problems?

Why are my children so different from one another, and from me?

Are most girls like their mothers and most boys like their fathers?

How can we raise emotionally healthy children?

MARRIAGE AND FAMILY CONFLICT

How come everything seemed so terrific when I was dating and then my spouse and I had problems after we married?

How do people choose who they want to marry?

In marriage, why do we miscommunicate so often?

Why are we attracted to some people and turned off by others?

Why am I attracted to people who abuse me?

Why do I keep having conflicts with my closest friends and family members?

How does emotional conditioning cause us to make errors and have blind spots in our relationships?

Are heterosexual and homosexual relationships different?

Why do extramarital affairs occur?

After divorce what do I need to keep in mind as I begin to date again?