

COUNTERTRANSFERENCE

Table 11.1 Questions for Therapists to Ask Regarding Countertransference in Dealing With Monogamy

Do I feel monogamy is better than nonmonogamy? If so, why?
Do I feel nonmonogamy is more “progressive” or evolved than monogamy? If so, why?
Do I place a different value on sex outside of a committed relationship? If so, why?
What are my feelings about “recreational sex”? Do I believe that it is immature, less “evolved,” or less meaningful than sex between people who are committed to each other?
Do I believe that heterosexual relationships and sex is “normal” and healthy while same-sex love and sex is not? If so, why?
What might be the issues for me if my partner had sex with someone else? What do I value in my own personal and sexual relationships?
Is a current sexual relationship necessary for my partnership or marriage to be called a relationship? Why?
How open am I with my partner about my sexual likes, desires, and fantasies?
Are there things I hear about my clients’ sex lives and relationships that make me envious, nervous, or uncomfortable?
How does any couple define “sex”?
How might any of the above issues and my reactions to them influence my clinical work and therapeutic neutrality?

Note: From Davies (2005).