

# Emotional Discovery

Research in neuroscience has found that emotions are present in everything we do, including decision-making. In families, feelings can run strong, and emotions are always entangled in arguments. As a result, advisors need to engage in emotional discovery, a basic evaluation of critical areas of family life, such as partner relationships and parenting styles. They also need to assess the basic emotional disposition of family members—or what neuroscientists call core affect—which helps in understanding each person’s behavior.

## Assessing Partner Relationships and Parenting Styles

### Partner Relationships

Using High, Average, or Low, evaluate the following in a partner relationship:

Respect	High	Average	Low
Closeness	High	Average	Low
Expressing Affection	High	Average	Low

### Parenting Style

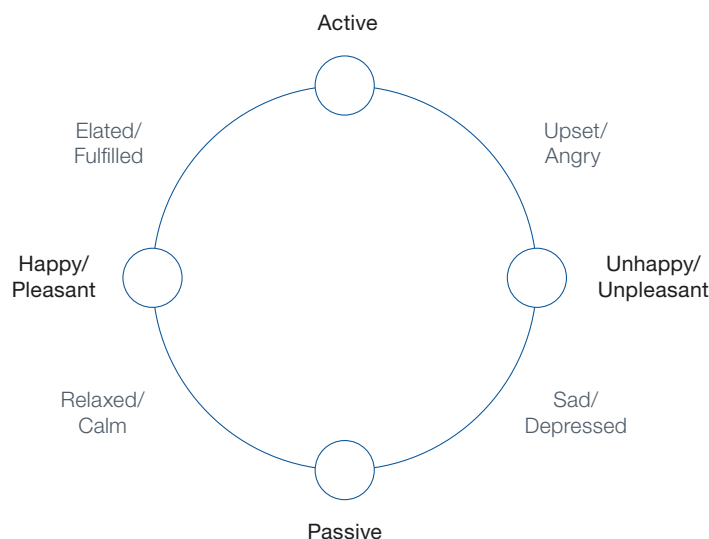
Circle the style that best fits parental posture toward children:

Laissez-faire (anything goes)	Respectful of individuality
Highly disciplined	Tightly controlled

## Charting Core Affect

Using your best judgment, place an “X” on the words that generally fits the temperament of each family member.

“Happy” and “Unhappy” refer to the basic disposition. “Active” and “Passive” refer to the intensity of the disposition.



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Published on 8 April 2024.

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