

## THE INTERPERSONAL THERAPY INTERPERSONAL INVENTORY

**Definition:** a detailed review of the client's significant relationships, both current and past.

**Purpose:** to obtain a complete picture of the nature of the client's social relationships and interpersonal functioning in order to identify the interpersonal issues most relevant to the onset of the affective episode.

Four categories of interpersonal issues are assessed:

1. Grief:
  - a. Loss of relationships
  - b. Loss of healthy self
2. Interpersonal role disputes
3. Interpersonal role transitions
4. Interpersonal skills deficits

### **Process:**

The Interpersonal Inventory is conducted as a semi-structured interview.

### **Recommended questions for general exploration of relationships:**

1. Who are the important people in your life?
2. How has your disorder affected your relationships with the people who are important to you?
3. Do you think you have problems in your relationships with others?  
What are those problems?
4. Are you able to feel close to people or is it hard for you to confide in others?
5. Who in your family do you feel closest too? Who do you confide in or go to for help?

6. What makes that relationship special for you?
7. Who in your family don't you feel close too? What is the problem in your relationship with that person?
8. What would you like to change about that relationship?
9. Who outside of your family do you feel especially close too?
10. What is it about that relationship that makes you feel close to that person?
11. Do you have friends that you are NOT close too?
12. What prevents you from feeling close to that person?
13. Are there other people you are close to, like a teacher, supervisor, or minister?
14. Of all the people we have been talking about to whom are you closest?
15. What would like to change about yourself in order to have better relationships with the people in your life?

### **Questions for exploring interpersonal role disputes:**

Interpersonal role disputes are situations in which the client and at least one significant other have non-reciprocal expectations about their relationship. Non-reciprocal expectations refer to disagreements about the terms of the relationship and/or for behavior within the relationship.

1. What do you and \_\_\_\_ fight about?
2. How do your fights end?
3. How would you like \_\_\_\_ to respond to you when you are angry?
4. How do you think \_\_\_\_ would like you to respond?
5. What are your expectations for this relationship?
6. In what ways have you been disappointed?
7. In what ways might \_\_\_\_ have been disappointed?

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8. How do you think your relationship can be helped or improved?  
What could you do to resolve the problems? What could \_\_\_\_\_ do?
9. If \_\_\_\_\_ can't change, how can you handle that?
10. What other options or resources are available to you?
11. Have similar conflicts occurred in other relationships?
12. How were they resolved?

### **Questions for exploring Interpersonal Role Transitions:**

Role transitions issues are those related to difficulties in adjusting to a life change that is unexpected or undesired or for which a person is emotionally and psychologically unprepared.

1. What was it like for you to experience \_\_\_\_\_?
2. How did it affect how you felt about yourself?
3. How has your life changed as a result of \_\_\_\_\_?
4. Did your relationships with important people in your life change? How?
5. What do you think others are expecting of you as a result of this change?
6. What resources are available to you as you adjust to this change?

### **Questions for exploring Interpersonal Skill Deficits:**

1. Who are your friends now? How long have you been friends?
2. How do you define a good friend?
3. Is it difficult to initiate friendships?
4. What do you do to get to know someone better?
5. How do you feel when you are with your friends?
6. What was it like to be with friends when you were manic or depressed?
7. How do you feel about your friends and your activities now?
8. Have your relationships with friends changed recently? How?
9. How do your present friendships differ from friendships you had in the past?