### Transcultural questions concerning the four areas Body/Senses - Profession/Achievement - Contact - Fantasy/Future

### **Body/Senses**

- 1. Which culture of food you like most?
- 2. Which clothes of other cultures you would like to wear?
- 3. Are there any differences between your home and the area you now live in dealing with diseases
- 4. Which music touches you most?
- 5. Which kind of body and psychic symptoms do you feel?
- 6. How important is it for you and the people around you how one looks?
- 7. In which language/dialect you express your feelings how is it when you are angry?
- 8. How do you cope with the language of the area you live in now which language you prefer?

# **Profession/Achievement**

- 9. Which jobs did you have, did you find work in your profession?
- 10. Are you satisfied with your profession, your working place?
- 11. How important is profession for one's reputation from your and other's point of view?
- 12. How can you cope with colleagues?
- 13. How do you see your financial situation, how important is for you your income?

# Contact

- 14. Which habits and customs of your home do you still maintain?
- 15. Which customs you took over from the area you live in now?
- 16. Are there differences in the kind of contacts with friends and relatives now, compared with contacts in your home area? What is important when you are friends?
- 17. Which kind of misunderstandings do you remember with your friends from other cultures?
- 18. Do you live in a transcultural partnership?
- 19. How did leaving your home area influence your partnership?
- 20. Which conflicts concerning education of children did you experience which common habits are very important for you?
- 21. Which partnership and family models do you see now compared with your home culture?
- 22. What do you associate with the word "home country", what does "home" or "your country" mean for you?
- 23. What do you like, what do you reject of people of the area you live in now, what is it you never would take over?
- 24. What would you tell friends at home about people in your new environment?

# **Fantasy/Future**

- 25. Which situations, experiences and moods of your new situation seem to you important now?
- 26. Which had been the reasons to come here? What did you leave behind?
- 27. What do you miss most here? What would you miss going back, that you now know from here? What would you really like to do one day?
- 28. What do you do in your spare time, what are you doing at home?
- 29. Do you experience prejudices and being excluded, do you feel yourself as a part of a minority?
- 30. Can you imagine to stay here forever?
- 31. Do you believe that it is difficult to live again in your home country after having been living here? Why?
- 32. Which importance have religion and life philosophy for you?
- 33. Do you feel free to practice your religion, do you feel understood?
- 34. Are there any other questions that come to your mind?
- 35. What can you personally contribute to a multi cultural society and the international understanding?

after Prof. N. Peseschkian, Wiesbaden Akademy for Psychotherapy, <u>www.wiap.de</u> and <u>www.positum.org</u>