

Questions that Encourage Reflection and Exploration

<p>1. Questions that raise alternatives</p>	<ul style="list-style-type: none"> • What possibilities have you considered? • If you had your choice, what would you do? • What are the possible solutions? • What if you do..., and what if you don't? • What are some other ways of looking at this? • Have you discussed this with others? What ideas and thoughts do they have about this?
<p>2. Questions that encourage evaluation</p>	<ul style="list-style-type: none"> • How do you feel about it? • What do you think is best given what we've discussed so far? • What else do you think would be helpful to know about this?
<p>3. Questions that encourage looking at the total picture and the perspective of others</p>	<ul style="list-style-type: none"> • What led up to this? • What have you tried so far? • What do you make of all this? • When does this usually happen? • How do others react to this concern or worry?
<p>4. Questions that lead to clarification</p>	<ul style="list-style-type: none"> • In what way does this make sense to you? • What seems to confuse you about this? • Can you explain what you mean by that?
<p>5. Questions that encourage description, remembering, and attending to details that may have been missed</p>	<ul style="list-style-type: none"> • Has it always been like this? • Is there a time when things worked better? • What was it like? • Tell me about it... • What happened? • What comes up for you when you start to think about that?
<p>6. Questions that encourage exploration and collaboration</p>	<ul style="list-style-type: none"> • Why do you suppose things have developed in this way? • How could this be approached in a differed way? • How do you suppose others are seeing this? • If you had your choice, what would you prefer to do? • What do others in the program think?
<p>7. Questions to identify concerns or problems</p>	<ul style="list-style-type: none"> • What seems to be the trouble? • In what ways does this bother you? • What do you consider the most troublesome part? • Are others as concerned as you are?
<p>8. Questions that encourage the use of information</p>	<ul style="list-style-type: none"> • What information do you need before you decide, or figure out how to proceed? • What pieces of the puzzle do you think might be missing?
<p>9. Questions that encourage planning and action</p>	<ul style="list-style-type: none"> • What do you see as the first thing you have to do? • What would others involved see as a priority? • Who will need to be involved to make this happen? • How do you think you can work together? • What are you going to do about it? • Where do you go from here? • What are your next steps? • Where do you think this will lead? • If this doesn't work, then what are you going to do? • What are some other options available to you?

Reflection beings with Observations, Listening and Curiosity

Reflective Prompts

- I'm wondering...
- I'm curious...
- I'm interested to know more...
- I notice...
- Let's pause and think – what comes up?
- I wonder what came up for you at that moment.
- What does that mean for you?
- How potent is that meaning?
- What has been your experience with...?
- Do you imagine _____ also has that experience?
- I wonder what your feelings are about _____.
- What did it feel like in your body? Where? Now? Can you move your body to where it was?
- What's it like to...?
- What was the experience like before the event/feeling/thought...?
- What was the experience like during... after...?
- I notice as you're talking your affect has _____; what does that mean?
- Let's take a moment to sit and reflect and see what we come up with.
- If you were there now, what you would want to do different? Same? How would it feel?

Practitioner Reflections:

- What are my feelings?
- What are my biases?
- How are my actions working to make ME feel comfortable?
- What might the silence, the discomfort, the _____ mean?
- What is "my stuff" that is interfering?