

General questions

Open Ended Questions

1. How are you doing?
 - Why do you say that?
 - What happened to make you feel that way?
2. How does that make you feel?
 - What makes you feel that way?
 - Why do you feel like this?
3. What do you think would help this?
 - How does it help?
 - What are the possible changes?
 - How would you feel?
4. Why do you think you do that?
 - Does something trigger the particular behavior/habit?
 - Does it make you feel different?
 - How does it help you?
 - Do you want to change this behavior/habit?
 - What would you rather do?
5. Why do you think that is?
6. What do you think?
7. Do you want to change?
 - Why do you want to change?
 - Why not?
 - How will you feel once the change happens?
 - Will it make a difference?
8. What do you want to change?

- What sort of change do you want?
- Why do you want that specific change?

9. What can you do to change?

- What will you do to bring about the change?
- Is there something that is stopping you?
- Is there an obstacle that is stopping you?
- What kind of obstacle?
- Can you get some support from someone else/ somewhere else?
- What kind of support would you require?

10. How exactly would you like things to be different?

- Does it involve change in people or the situation?
- How would this alternate situation make you feel?

11. What matters to you?

- Why is this important to you?
- How would you feel if "this" was not there?
- What can you do to achieve it?
- In case this is not achieved, what can substitute it?
- Would that satisfy you?

12. How have you solved problems in the past?

- Did you have similar problems in the past?
- What did you do?
- Did you feel like fleeing the situation?
- How did you face the problem?
- What helped you?
- What motivated you?
- What sort of support did you get?
- How did you feel when you manage/ dealt with the problem?

13. What would be the first sign that things are going well or are on the right track?

- Would you be able to identify these signs?
- Have you done so in the past?
- What are the signs that are external/ environmental?
- What are the signs that are internal/within you?

14. What would your hero/ role model do in a similar situation?

- Do you think you can do the same?
- Would you do that?
- How can you achieve that?
- What would you require in terms of support/ resources to achieve that?
- How will that change the situation you are in?
- How will it change you?
- What can you learn from your Hero/Role model?
- What wouldn't you do that your hero/ role model would do?