

Curious Questions

Here are some guiding questions and statements...

choose what makes sense.

- Tell me more...
- What is your thinking behind that idea/statement?
- Is that an opinion/assumption or a fact?
- What could go wrong with that idea or plan of action?
- Who would be impacted by that?
- What assumptions are we making here?
- In one sentence, what is most frustrating about this?
- What would happen if we did nothing?
- What do/don't we have control over?
- Who could we talk to/get advice from/get support from?
- What else could we do? What other options do we have?
- What self-talk might be getting in the way here?