Better Questions

Open-ended and empowering: These questions can't be answered with a "yes" or "no" and intrinsically believe the best about the other individual.

Start questions with: *WHAT, HOW, WHEN, WHERE, WHO*
Avoid starting a question with "WHY" because it puts the psyche in a defensive state.

"WHY did you decide to do that?" Turns into: *"What factors contributed to making this decision?"*

QUESTION EXAMPLES

How is that working for you?
What do you think it would take to make it work?
What do you want most?
When do you want this to happen?
Who do we need to talk to to make this happen?
What is the most frustrating part of that?
How do you want this to work out ideally?
How will you know if you've been successful?
What are you excited about?
If you could change one thing about this situation, what would you change?

Bonus Question when someone is STUCK:

- **First:** When has something like this happened in the past?

- **Then ask:** How can you take what you learned then and use it now?

- **Why this works:** We have more resources inside us than we know. If we can reference our own history (and our own confidence in getting through difficult things) and can apply our internal strength to a problem and get through it.