Questions

Please answer these questions as best you can

What is the situation/ problem specifically?

When did this problem start?

How is this affecting your life?

What are the emotions that this creates?

What behaviors are a result of this?

Are there any physical symptoms or sensations that occur as a result?

Currently how does this situation make you feel?

When you are feeling this, what else do you notice?

What does this give you or enable you to do? What will happen if you don’t do it?

What have you done so far to change or improve this?

How successful was this?

What made you decide to seek my help?

What would be the ideal outcome for you?

How will you know when you have achieved this?

What are some emotions that you would like instead?

What do you think this will give you, ( What might you gain or change?)

Are there times when this does not occur?

What was different for this not to occur?

Do you notice any triggers or cues?

What challenges have you already overcome?

Thinking about other times when you have overcome difficulties or challenges what resources did you use?

What did you learn? Was it worth it?

What resources have you now?

What resources would you feel you need?

Do you see any limits or blocks that may hinder you?

If you had a magic wand and you could get the best possible outcome, what would you notice?

On a scale of 0-10 where are you now with solving this issue?

What puts you at that number how do you know you are not a 0?

What are some of your strengths?

How would your best friend describe you?

Is there anything else you want to tell me about the issue?

Circle the ones that apply:

Introvert/ extrovert reserved/ outgoing Analytical/ intuitive

visual learner/auditory/ hands on physical/ mental half full/ half empty

Impulsive/ considerate