QUESTIONS TO HELP THE CLIENT UNDERSTAND HIMSELF/HERSELF

Introspective questions:

1. What is really important to me?
2. What does it mean to live in alignment with my values?
3. What is the difference between what I want and what I need, between a wish and a goal?
4. What do I tolerate or put up with?
5. When am I moved to speak up, for myself or for others?

To help the client understand what works for him or for her?

1. What motivates me?
2. What interests me?
3. When am I too hard on myself and/or others?
4. How do I contribute to the conflict?
5. How can I be part of the resolution?

To help the client know that s/he has choices

1. How do I evaluate options?
2. What does it feel like to choose?
3. How do I process information?
4. Am I intuitive? Am I curious? What do I want to know before I decide?
5. Do I limit myself and if so, how do I do that?

To help client think about how s/he acts while in conflict

1. Where am I being realistic and where am I being stubborn?
2. What am I willing to risk? When do I hold back?
3. What are my assumptions? Do I check them out?
4. When am I uncompromising? When am I too flexible?
5. Am I a good listener?

To help the client think about what s/he contributes

1. What am I ignoring? When do I stop listening?
2. Where am I unyielding?
3. When am I content?
4. Do I sabotage myself and if so, how do I do that?
5. What am I willing/unwilling to change?