



Powerful Questions



For those of us in helping professions, one of our primary tasks is supporting others in solving problems, making necessary changes, and taking steps. For most of us, in our process of helping, we value having “right” answers. However, from a “person centered perspective” we know that the best solutions are found within the one we are seeking to help. By shifting our focus from providing answers to asking powerful questions, with our authentic curiosity we create a safe space to explore possibilities, encourage discovery, achieve deeper understanding, and evoke new insights. Powerful questions are open ended and empower the person responding to choose their best course of action. There are an infinite number of powerful questions available to you.

The back side offers a brief selection to support your practice of being an agent of positive change.



Opening a Conversation	Understanding What's Important: Goal Definition Questions	Examining the Current Situation: Problem Definition Questions
<ul style="list-style-type: none"> <input type="checkbox"/> What are you most concerned about today? <input type="checkbox"/> What are you hoping to see happen today? <input type="checkbox"/> How will you know our meeting today was worthwhile? 	<ul style="list-style-type: none"> <input type="checkbox"/> What really matters to you? <input type="checkbox"/> What things in your life do you value? <input type="checkbox"/> What makes your life meaningful? <input type="checkbox"/> What do you need? <input type="checkbox"/> What do you really want? <input type="checkbox"/> What would you like to be different? <input type="checkbox"/> What do you want to keep the same? 	<ul style="list-style-type: none"> <input type="checkbox"/> What things have had a negative effect on your wellbeing? <input type="checkbox"/> When did you become aware that this was a problem? <input type="checkbox"/> What do you think is causing the problem? <input type="checkbox"/> How is the problem affecting your life? <input type="checkbox"/> What have you tried? <input type="checkbox"/> What works? <input type="checkbox"/> What is not working?

Exploring Possibilities Questions	Going Below the Surface: Clarifying Questions	Miracle Question
<ul style="list-style-type: none"> <input type="checkbox"/> What do you think is possible? <input type="checkbox"/> What resonates with you? <input type="checkbox"/> If you decided to do this, what would change? <input type="checkbox"/> What do you think will help improve things? <input type="checkbox"/> What have you done in the past? What helped even a little bit? <input type="checkbox"/> What have others suggested you do? <input type="checkbox"/> Of all the things you have tried, what has worked the best? Next best? The worst? <input type="checkbox"/> What will make it possible for more of this to happen? <input type="checkbox"/> I wonder what you could do that would be very different from what you have ever tried before? <input type="checkbox"/> How will things be different when this is solved? For yourself? For others? <input type="checkbox"/> Who can support you in making this change? 	<ul style="list-style-type: none"> <input type="checkbox"/> What comes up for you? <input type="checkbox"/> What about it excites you? <input type="checkbox"/> What do you make of that? <input type="checkbox"/> What are your greatest strengths? <input type="checkbox"/> How do these strengths help support you and your goals? <input type="checkbox"/> How do you feel about that? <input type="checkbox"/> What is stopping you? <input type="checkbox"/> What could you stop doing? <input type="checkbox"/> What is the choice? <input type="checkbox"/> How does change usually happen in your life? <input type="checkbox"/> What might I not be understanding? 	<ul style="list-style-type: none"> <input type="checkbox"/> If a miracle happened tonight and you woke up the next morning and your problem was solved, how would things be different? Describe what you would be doing and what others would be doing?

Closing the Conversation: Wrapping-Up Questions
<ul style="list-style-type: none"> <input type="checkbox"/> What do you think you want to do? <input type="checkbox"/> What will you do next? <input type="checkbox"/> If you decided to do this, how would you go about it? <input type="checkbox"/> What could you start doing? <input type="checkbox"/> What is one thing you will do? <input type="checkbox"/> What can I do to be of help? <input type="checkbox"/> Who can support you in sustaining this change?