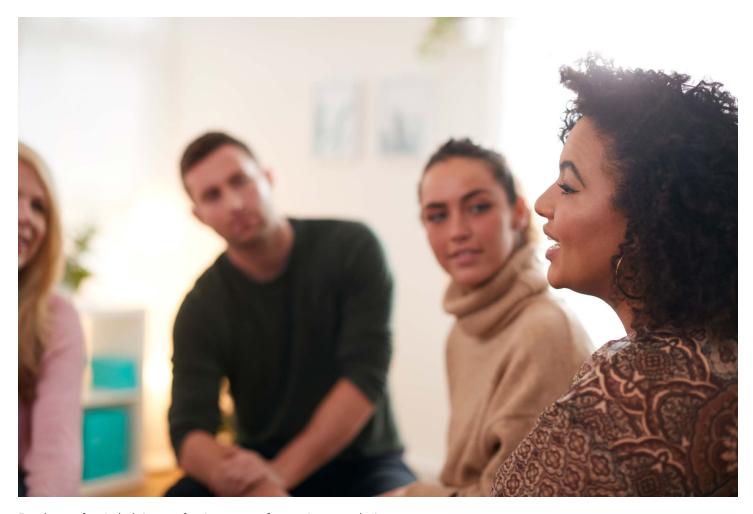
Powerful Questions





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
 □ What are you most concerned about today? □ What are you hoping to see happen today? □ How will you know our meeting today was worthwhile? 	 □ What really matters to you? □ What things in your life do you value? □ What makes your life meaningful? □ What do you need? □ What do you really want? □ What would you like to be different? □ What do you want to keep the same? 	 □ What things have had a negative effect on your wellbeing? □ When did you become aware that this was a problem? □ What do you think is causing the problem? □ How is the problem affecting your life? □ What have you tried? □ What works? □ What is not working?
Exploring Possibilities Questions	Going Below the Surface: Clarifying Questions	Miracle Question
 □ What do you think is possible? □ What resonates with you? □ If you decided to do this, what would change? □ What do you think will help improve things? □ What have you done in the past? What helped even a little bit? □ What have others suggested you do? □ Of all the things you have tried, what has worked the best? Next best? The worst? □ What will make it possible for more of this to happen? □ I wonder what you could do that would be very different from what you have ever tried before? □ How will things be different when this is solved? For yourself? For others? □ Who can support you in making this change? 	 □ What comes up for you? □ What about it excites you? □ What do you make of that? □ What are your greatest strengths? □ How do these strengths help support you and your goals? □ How do you feel about that? □ What is stopping you? □ What could you stop doing? □ What is the choice? □ How does change usually happen in your life? □ What might I not be understanding? 	☐ 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		
 □ What do you think you want to do? □ What will you do next? □ If you decided to do this, how would you go about it? □ What could you start doing? □ What is one thing you will do? □ What can I do to be of help? □ Who can support you in sustaining this change? 		