

Example Questions



GROW QUESTIONS

<p>GOAL</p>	<ul style="list-style-type: none"> • What is it you would like to discuss? • What would you like to achieve overall? • What would you like to achieve in this session? • What kind of conversation would you like to have? • What would time well spent look like for you today? • What would you like to be different when you leave this session? • What outcome would you like from this session/discussion/interaction?? • Will that be of real value for you?
<p>REALITY</p>	<ul style="list-style-type: none"> • What is happening at the moment? • How do you know this is accurate? • When does this happen? • Who does it involve? • How often does this happen? Be precise , can you give me an example? • Have you experienced this type of thing before? • What happened? • What effect does this have? • How do you feel about this? • What have you tried so far? • How did that go? • What other factors are relevant? • What are others' perceptions of the situation? • How important is it that you resolve this? • What will the benefits be?
<p>OPTIONS</p>	<ul style="list-style-type: none"> • What could you do to change the situation? • What alternatives are there to that approach? • Tell me what possibilities for action you see. Do not worry about whether they are realistic at this stage. • What approach/actions have you seen used, or used yourself in similar circumstances • Who might be able to help you? • Which options do you like most? • What are the main benefits and pitfalls of these options? • Which options are of interest to you? • Which option are you most confident about? • Would you like to choose an option to act on? • Would it help if I shared some thoughts on what you could do?
<p>WILL</p>	<ul style="list-style-type: none"> • What are your next steps? • What exactly will you do? • When will you do it? • What might get in the way? • What support do you need? • How can you secure that support? • How committed are you to this – on a scale of 1-10



Example Questions

What results do you want?

What is your biggest difficulty or problem?

How do you feel about this situation?

What could you do differently?

Why can't you do it?

What judgements are you making about this situation/person?

What learning are you taking from this session?

What are you trying to achieve?

What can you do about it?

What would make the situation better?

How does the situation affect you?

How could you solve this problem?

What's the most extreme measure you could take?

What's the best possible outcome?

What's the worst thing that might happen?

What options are open to you now?

What could you start to do differently?

When will you start?

Who could help?

How important is this to you?

What actions are you going to take?