

## BACK-GROUND/ INTERESTS/ SKILLS/ ABILITIES

- **Questions to get to know the person away from the problem.**
  - What is it you have come to know and appreciate about your child that lives outside the problem description?
  - Tell me a story about your child that lets me know how great of a parent you are?
  - What is it you tell your friends that you love about your child, that you brag about to them?
  - What are your interests, what are you in to?
  - What are you passionate about?
- **Questions that invite the introduction of other people in their life, significant relationships.**
  - What would your best friend say about this?
  - What are your partners' ideas about this concern?
  - Who else is concerned?
  - Re-remembering conversations

## HOPES FOR TODAY

- What would be most important for us to talk about today?
- How might you know this time is useful to you when you leave?
- What would your best friend say needs to happen here for this to be useful?

## PROBLEM/ CONCERN

- **Questions to elicit and honor the problem/ concern.**
  - What would be most important for us to talk about today given we have this one time together?
  - How can I be useful to you?
  - What brings you in?
  - What's the history of the problem/ concern in your life?
  - What kinds of things have you tried to date?
  - Statement Of Position Map #1.
  - Circular questions.
    - So when you do that how does your child respond?

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## INITIATIVES

- **Questions to inquire about times when the problem was less intense or not around, and expressions of anti-problem thoughts, feelings, actions.**
- Statement of Position Map #2.
- Tell me about the times when this problem was not as bad?
- Coping questions.
  - How have you stopped things from getting worse?
  - How are you getting by?
- Scaling questions.
  - On a scale of 1 to 10, where 1 is "I'll never be able to stay out of trouble in class," and 10 is, "I know I can keep myself out of trouble," where would you put yourself at the moment?
  - What would a small step (from 3 to 3.5) look like? What will you be doing differently? What will others be doing differently?
- Exception questions
  - When don't you, or didn't you have this problem?
  - What is different at those times?
  - What will make it possible for more of that to happen?
  - What small changes will you notice?
  - How will the small changes make a difference for you? For others?
  - What will you notice about yourself?...others? What will they notice about you?
- **Begin to link into "chains of association" the expressions of thoughts, feelings and actions related to the emerging story into "concepts for living"**
  - What would you call these things you have done and thought?
  - So are these like skills, abilities, talents, tools, ...
  - What would you call what you did if you were to give it a name?
  - Is that like confidence, using bravery, using pretending, wisdom, perseverance?
  - Is this a "plan" "strategy" "protocol"?

## NEXT STEPS

- **Questions to discern next steps, practice areas, experiments, and actions.**
  - Given that we talked about .... , what ideas are coming to mind about the next step you will take when you leave here today?
  - Given our conversation, what will you practice when you leave here that will start the ball rolling?
  - What might be possible to do that would be more in harmony with what you value, what you are learning that's really important to you?
  - What steps might you take to address this situation?
  - What's the next step on the journey when you leave here?
  - What would be the first step in making that happen?
- **Questions to begin to address receiving context. -Speculating, audiencing, identifying constraints**
  - What difference will that make when you leave here?
  - How long do you suppose you'll need to practice that?
  - Who will it be essential to share this conversation with?
  - How will you use this conversation summary?
    - Where will you keep it?
    - When will you read it?
    - What difference will it make to you having these ideas somewhere where you can read them and review them?
    - Who will it be important to have read this document?
  - What may try to get in the way of your practice?
  - What might happen that tries to take you backwards or off-track?
  - How will you handle that hurdle, pothole, step back?