

Stage Questions Prompt

Stage 1 - What's going on?

1A - AN EXPANSIVE PART

The helper helps them to explore and unfold the tale and to reflect.

Useful Questions

- ① How do/did you feel about that?
- ① What are/were you thinking?
- ① What is/was that like for you?

Keep question open, e.g., what else would you like to tell me?; what was that like for you?

1B - A CHALLENGING PART

With the help of empathic reflections and challenges, the speaker uncovers blind spots or gaps in their perceptions and assessment of the situation, of others and of themselves

Useful Questions

- ① How do others see it/you?
- ① Is there anything you've overlooked?
- ① What does he/she think/feel?
- ① What would s/he say about all this?
- ① What about all of this is a problem for you?
- ① Is there any other way of looking at it?

1C -FOCUSSING AND MOVING FORWARD

The helper seeks to move the speaker from stuckness by helping them choose an area that they have the energy to move forward on

Useful Questions

- ① What in all of this is the most important?
- ① What would be best to work on now?
- ① What would make the most difference?
- ① What is manageable?

Stage 1 can be 5 minutes or 5 years; it may be all someone needs.

Stage 2 - What do I want instead?

Helping the speaker to open up a picture of what they really want.

2A - A CREATIVE PART

The speaker is encouraged to broaden their horizon and be imaginative.

Useful Questions

- ① What do you ideally want instead?
- ① What would be happening?
- ① What would you be doing/thinking/feeling?
- ① What would you have that you don't have now?
- ① What would it be like if it were better / a bit better?

2B - A REALITY TESTING PART

The speaker formulates goals which are specific, measurable, achievable/appropriate.

Useful Questions

- ① What exactly is your goal?
- ① How would you know when you've got there?
- ① What could you manage/are you likely to achieve?
- ① Which feels best for you?
- ① Out of all that, what would be realistic?
- ① When do you want to achieve it by?

2C - MOVING FORWARD

This stage aims to help the speaker check their commitment to the goal

Useful Questions

- ① What will be the benefits when you achieve this?
- ① How will it be different for you when you've done this?
- ① What will be the costs of doing this? Any disadvantages/downsides to doing this?

Stage 3 - How will I get there?

How will the person move towards the goals they have identified.

3A - ANOTHER CREATIVE PART!

The speaker is helped to think widely, to free up the person, breaking out of old mind-sets.

Useful Questions

- ① How many different ways are there for you to do this?
- ① Who/what might help?
- ① What has worked before/for others?
- ① What about some wild ideas?

3B - FOCUSING IN ON APPROPRIATE STRATEGIES

What strategy is realistic for the speaker, in their circumstances, consistent with their values?

Useful Questions

- ① Which of these ideas appeals most?
- ① Which is most likely to work for you?
- ① Which are within your resources/control?

3C - MOVING TO ACTION

The strategy is broken into bite-size chunks of action. Whilst being encouraging, it's also important not to push the speaker into saying they'll do things to please the helper.

Useful Questions

- ① What will you do first? When?
- ① What will you do next? When?