Powerful Questions

**Trauma questions**

How are you feeling today?

What are you noticing right now?

What would you like to work on today?

On a scale of 1 to 10 with 10 being the highest (worst) and zero the lowest, how are you feeling today?

Is there something that you want to discuss that would be helpful?

In what ways can I be supportive of you today?

Since our last session, what have you been feeling?

**Looking forward**

What do you want most to talk about today?

What can we work on that would make the most difference for you?

What's going on in life that's got your attention right now?

What do you want more of in life? What do you want less of?

If you really got radical today, stopped fearing the consequences and launched out to be what you were born to be, what would you be doing?

How full is your tank of love of relationships, fulfilling work, spiritual life or peace of mind? Where do you long for more?

Tell me about a big dream that you've always wanted to go after.

What would be most helpful to focus right now? It could be an upcoming decision, a practical challenge you face, a transition, a dream, you name it.

**Leaving things behind**

What is getting in the way of living the life you want?

What do you lack?

If one burden could be removed from you in the next 30 days, what would that be?

If you could wave a magic wand and change the one thing about your life, what would that be?

Where are you stuck or not moving forward? What is frustrating your progress?

**What is already working for you?**

1. When are parts of your dream coming true already?

2. What has helped you to achieve similar goals?

3. What did you do the last time you were faced with such a challenge?

4. How did you manage to do that?

5. What other examples come to your mind?

6. What else?

**Solution-Focused Questions**

1. How will you know that this session is useful for you?

2. What would you like to happen in this coaching?

3. What are your best hopes / hope to achieve with this coaching?

4. Why is this important to you?

5. How are you hoping that it will make a difference?

6. What does that look like? Tell me more

7. What are the signs that things are better?

**Miracle Question**

“Suppose you went to bed tonight and while you were sleeping, a miracle

happened without you knowing… The next day you woke up, you are extremely

\_\_\_\_\_\_\_\_\_\_\_\_ (replace the blank with a positive word)…”

1. Get a clear description of what the miracle will look like. What is life without the

problem?

2. What would be the first small clue that things were better?

3. What would you be able to do that you are not doing now?

4. What will your boss notice about you that is different?

5. What will your colleagues notice about you that is different?

6. What will your personal friends notice about you that is different?

**Scaling Questions:**

1. On a scale from 1 to 10 where are you now?

2. Why n? Why not n-1?

3. What would it take to go from N to N1

3. What did you do to get this far? How did you do that? What else have you done?

4. What else?