

# Clarifying Questions

the Communication Continuum©

## Digging Deeper

- Tell me more about that
- How do you feel about that?
- What would you like to do different?
- What do you mean by.....?
- What are you afraid of?
- This is what I hear you saying...Is that accurate?
- Where else in life have you felt this way?
- If you did know the reason, what would it be?
- What can I do to support you?

## Change of Direction

- What do you feel would help you move in a different direction?
- What would help you move past this?
- What do you think the next step should be?
- Are you okay with stumbling forward or staying put (stuck)?
- Who do you know that could give you more input on this so you can feel more supported moving forward?

## Change of Mindset

- How could changing your thinking around this make a difference?
- How could you focus on the positive side of things?
- Is that your old story (way of thinking)? What do you want your new story to look like?
- What perspective would be helpful for you to move forward?

## Change of Priorities

- Will this matter tomorrow? A week from now? A year from now?
- Does this align with your purpose? (Why / vision for your life)
- Is this getting you closer to what you really want? (a "have to" so "I get to")
- What do you think you'll get if you move at a different pace?
- What could you do to make the situation better?

## In Group Discussion

- What are your thoughts?
- What questions might you have around this to help her/him dig deeper?
- How do you see them moving forward?