COACHING QUESTIONS

Stage One – data collection.

What’s most important on your mind today?

What’s the most important emotional problem right now?

Stage Two – inner journey – incubation and arousal.

Can you let yourself continue to experience that for another moment or two in a private manner – only long enough to experience what it leads to next?

Good, can you stay with that only long enough to learn what it is all about?

Will it be OK to allow yourself to continue experiencing that privately for a while, difficult though it maybe, so you can learn what you need for healing?

Stage Three – illumination or discovery.

This involves surprise and insights – the period of private creative inner work. The key questions here are designed to encourage the discovery process.

Stage Four – ratification of the new reality.

When something within you knows it can continue this creative healing (or change work) entirely on its own?

Implicit Processing - Six Questions

Is there something you would like to share about that?

How can the experience change your life?

What is most significant about this for you?

What does this lead you to now?

How will you make changes in your life?

What will you actually do in your life that is different this week?

Goals

So what do you want?

What will that do for you?

So what do you want?

How will you know when you have got it?

What will you see, hear and feel that will let you know you have achieved what you were aiming for?

In what context do I want this?

What are the pay-offs for me from the present situation?

The ability to know what you want is a key skill for life that everyone should develop. People often have a belief that it is better to bumble around feeling vulnerable and confused about what they want than to find ways of clarifying their goals and moving towards them.

If we are 60 years old we might easily have another 20 or 30 years left, so what do you want to do for the next 30 years. If your 40 years old you have at least that much again. When you look back from where you are what can you do about the past? You could spend 20 years travelling around every corner of the world looking for the past, but you will not find it: it’s over.

On the other hand when you look forward and ask what can I do about this, the answer is everything or nothing. The future is pure potential, it hasn’t happened yet and you could make it whatever you want, it doesn’t have to be more of the same unless you want it to be.

Everyone is the architect of their own future. To live life is to choose, to choose is to live.

Ideodynamic Signalling

Accessing a problem.

Is there some past event responsible for your trouble? (if the response is “no”, ask if there could have been a group of events).

Was it before you were 20 years old? Ten years old?, Six years old? (continue until you get the age of the origin).

Review what is happening at that time. When you know what it is, your yes finger will lift. As it lifts, the memory will come up and you will be able to talk safely about it.

Therapeutic Reframing.

Is it alright to tell me about it? (Allow the client to verbalize the memories. Facilitate the therapeutic reframing as needed).

Is there an earlier experience that might have set the stage, or made you vulnerable to what you have just told me?

Ratifying Therapeutic Gains.

Now that you know this, can you be well? (a no response means that further insight and reframing is required).

Is there anything else we need to know before you can be free of this problem? (if the problem cannot be resolved at this time, find a date for a more complete cure, as in what follows).

Let you inner mind give a yes signal when it is ready to pop the date of a completely satisfactory resolution of the problem into your conscious mind.