

Questions Lead-In

The most difficult part of mastering a new concept is how to get started. The following are some suggestions for beginning to feel comfortable using Solution-Building conversations.

Stay with Wh questions (What, When, Who, Where, and How. Avoid using Why).

What does _____ expect to come out of your coming to this meeting?

What part do you agree with and what part do you disagree with?

What needs to come out of this meeting today so that you can say this is helpful?

What tells you that you are at 5?

Tell me about the time when you were more productive? What was different then?

How do you know what to do next?

What do you know about him that tells you that he can do this?

How would that be helpful?

Tentative Language (Perhaps, it seems, suppose, it appears, it sounds like, could it be . . .)

I am not sure about this, what do you suppose . . .

Do you suppose . . . ?

It sounds like what you really want is . . . ?

Suppose your son (boss, etc) changed, what different would that make (between you and him)?

How will things be different then?

Relationship Questions

What would your best friend (boss, mother, etc) say what you are like when you are calmer?

What would _____ notice different about you that will tell her that things are better for you?

What would _____ (your best friend) say how you are different when you are successful?

Personal Meaning and Language

You are clear about not doing it. What does it mean to you? What about it that is so important?

So, how would that be helpful to you to (drink more, stay in bed, not go to work)?

Can you explain that again, what difference would it make for you?

You must have a good reasons to . . . ?

What Else? (More and more details from the client)

What else would it take for you to stop drinking and stay stopped?

What would it take for you to . . . ? What else would it take?

How can you tell it will work? Good, what else tells you that it will work?

Questions Lead-In for Supervisors

Connecting with the Client

What would the client say one thing you did that was most helpful?

What do you suppose she appreciated most about what you did?

What would he/she say is most important to her at this time of her life?
What do you suppose it means to her that she might lose her child?
Where did you get the idea to just listening to her would calm her down?
How did you manage to stay calm?
You got lots of useful information this time. How did you do it?
What do you suppose she was so upset about?

What does the Client Want?

If she could tell you calmly, what would she say is most important to her right now?
What do you suppose it means to her that CPS is involved in her life?
What do you suppose she was so upset about? Any other idea?
How could you find out what the client wants? Anything else?
What would the children say would be most helpful for them?
What difference it will make for them?
What would her best friend (partner, mother, etc) would say she needs right now?

Safety Assessment and Concerns

Knowing what you know about this family so far, how would you assess the level of safety for this family? (scaling question) The children? Others?
How would the mother assess the level of safety? The children? Others?
(scaling questions)
What would raise the level of safety 1 point higher for this family?
How would you make sure you listen to her idea of how to insure the safety of her children?
What is your assessment of how realistic her ideas are?

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