

# Other Focused Communication

## **Constructing questions and challenges:**

To clarify – ‘Are you saying that . . .?’

To try to understand – ‘Could you explain so-and-so a bit more . . .?’

To follow through a train of thought – ‘You said a moment ago that . . . If that’s the case, what would happen if . . .?’

To mirror – ‘So what you’re saying is . . .?’

To open up new avenues-‘Have you explored / thought of ...?’ or ‘Would ... be of any help?’

To challenge – ‘What do you feel most uncomfortable about? Or ‘What do you feel most challenged by?’

To peel layers, dig deeper-‘And then what happened ...?’

## **Helpful questions /Precision questions:**

‘What exactly . . .?’

How exactly . . .?’

‘Bigger than/more than . . .?’

‘Everyone?’

‘Always?’

## **Powerful questions (in response to ‘I can’t.’):**

‘What is stopping you . . .?’

‘What would happen if you . . .?’

## **Reflective questions:**

‘So you’re saying . . .?’ (paraphrase back to them)

‘You seem . . .?’

‘What’s at the back of your mind?’

## **‘Idea’ questions (*without spelling out details*):**

‘Would . . . be of any use?’

‘Have you thought of . . .?’

‘Who have you consulted/talked to?’

## **Feelings-focused questions:**

‘How are you feeling about this?’

‘Do you feel confident?’

‘What worries you most?’

‘What excites you most?’