

## Questions for problem solving

- What would make the situation better?
- What do you want? What else?
- How do you feel about the situation?
- What is most important to you in this situation?
- How do you want to feel about this situation?
- What assumptions are you making about the situation?
- What assumptions are you making about someone else in this situation?
- What could be the cost to you of not solving this problem?
- What does your response to this situation tell you about yourself?
- How do you know this?
- What could you, do differently?
- Where could you get help to improve this situation?
- What is positive about the situation?
- What is the most radical thing you could do?
- What is the simplest thing you could do?
- What don't you know about the situation?
- What is the relationship between how things are now and how you want them to be?
- What about this situation would you most like to change?
- What would you like someone else to do differently?
- How does this situation affect you personally?
- Can you explain that further?
- If you get what you want what will this achieve for you?
- What do you need to do first?
- What is stopping you?
- What do you want instead?
- What will happen if you are not successful in getting what you want?
- Why do you believe what you want is reasonable?
- Why do you believe what you want has value?
- Why are you the best person to be doing what you are thinking of doing?
- What about this situation causes you most anxiety or distress?
- If you are successful how will you feel?

## Questions to prompt learning from experience

- What would have made this better?
- What did you want? What else?
- How did you feel about the situation?
- What from this experience do you most appreciate about yourself?
- How do you feel about this situation now?
- What result did you want?
- What could you learn about yourself from this experience?
- How do you know this?

- What could you do differently next time?
- What do you remember thinking but not saying?
- What did you feel but not reveal?
- What is the most radical thing you could have done?
- What is the easiest thing you could have done?
- What don't you know about the situation?
- What can this experience tell you about how you 'see' the world?
- What could you definitely not have done?
- What might you have invented or imagined about the situation?
- What surprised you about the situation?
- What surprises you about it now?
- What else?

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