### **Questions to Ask a Client:**

### **Key Points for First-Time Coaching:**

* Ask what are they trying to achieve- goal/manifestation?
* Introduce the concept of **the Self** with **HD.**
* Create a HD protocol of daily ways to connect with **ENERGY TYPE, STRATEGY, AUTHORITY, PROFILE**
* Help them **identify** parts that are dominant or acting out.
* Teach **compassionate inquiry** by asking non-judgmental questions.
* Guide them to understand the **Self as a leader** that can heal parts.
* Walk them through the **unburdening process** to help parts let go of extreme roles.
* Reinforce the idea of **ongoing self-leadership** to maintain inner harmony with HD.
* Provide **practical exercises** to develop a relationship with their parts and Self.

These questions use Human Design to provide a personalized framework while incorporating parts work to address the internal barriers to manifestation. By integrating the IFS model, you help clients navigate inner conflicts and align with their true design, leading to clearer, more empowered action toward their goals. This blended approach ensures that each part is acknowledged and supported, ultimately leading to greater success in the manifestation process.

1. Can you identify which part of yourself is speaking right now?
2. What does this part need from you at this moment?
3. How does this part of you feel toward the other parts?
4. Are you able to observe this part without becoming it?
5. What emotions arise when you connect with this part?
6. What does your core Self feel about the situation?
7. What would compassion toward this part look like?

To understand how a Manager part might be preventing you from achieving your goals, you can ask yourself the following reflective questions:

1. \*\*Awareness of the Manager's Presence\*\*

- What behaviors or thoughts consistently arise when I start working toward my goals?

- Can I identify a specific part of me that steps in when I try to take action? What does it say or do?

- When I think about pursuing my goals, what internal resistance do I feel? Is there a part that is trying to protect me?

2. \*\*Understanding the Manager's Intentions\*\*

- What is this Manager part trying to protect me from? Is it fear of failure, criticism, rejection, or something else?

- How does this Manager part believe it's helping me by holding me back?

- What past experiences might have led this part to take on its protective role?

3. \*\*Evaluating the Manager's Impact\*\*

- How does this Manager part’s behavior affect my progress toward my goals?

- In what ways does this part's influence lead to procrastination, avoidance, or self-sabotage?

- How does this part make me feel about my abilities and potential?

4. \*\*Exploring the Manager's Concerns\*\*

- What are this part's biggest fears if I succeed in achieving my goals?

- What would happen if I ignored this Manager part and pursued my goals anyway?

- What does this part worry might happen if I push beyond its protective strategies?

5. \*\*Dialogue with the Manager\*\*

- How can I reassure this part that I can handle the challenges it’s trying to protect me from?

- What compromises or agreements could I make with this part to allow progress while addressing its concerns?

- Can I ask this part what it needs to feel safe enough to allow me to take steps toward my goals?

6. \*\*Shifting the Manager’s Role\*\*

- How might this Manager part support me in achieving my goals rather than blocking me?

- What new, positive role could this Manager part take on that aligns with my goals?

- How can I show appreciation for this part's efforts while gently guiding it toward a more constructive role?

To explore how a Firefighter part might be preventing you from achieving your goals, you can ask yourself the following reflective questions:

1. \*\*Awareness of the Firefighter's Role\*\*

- When I face stress, discomfort, or the possibility of failure, what urges or impulses arise?

- What specific behaviors do I engage in to escape or numb difficult emotions? (e.g., procrastination, overeating, binge-watching TV)

- Can I identify a part of me that feels compelled to avoid or distract when I get closer to my goals?

2. \*\*Understanding the Firefighter's Intentions\*\*

- What is this Firefighter part trying to protect me from? Is it emotional pain, overwhelm, or a sense of inadequacy?

- How does this Firefighter part believe that its actions are helping me or keeping me safe?

- What does this part fear might happen if I were to stay on track with my goals?

3. \*\*Evaluating the Firefighter's Impact\*\*

- How do this part's behaviors (e.g., distractions, numbing, avoidance) affect my progress toward my goals?

- What short-term relief does this part provide, and at what long-term cost?

- How does this part's influence contribute to cycles of avoidance, guilt, or self-sabotage?

4. \*\*Exploring the Firefighter's Triggers\*\*

- What specific situations or emotions trigger this Firefighter part to take over?

- How does this part react when I experience fear, stress, or uncertainty related to my goals?

- What past experiences might have led this part to develop its current protective strategies?

5. \*\*Dialogue with the Firefighter\*\*

- What are this part’s biggest concerns or fears about me pursuing my goals?

- How can I reassure this part that I can handle the discomfort or challenges it’s trying to protect me from?

- Can I ask this part what it needs to feel less reactive or what it would take for it to trust my ability to cope?

6. \*\*Shifting the Firefighter’s Role\*\*

- How might this Firefighter part channel its energy in ways that support rather than hinder my goals?

- What alternative, constructive actions could this part take that still provide a sense of safety or relief without derailing my progress?

- How can I show appreciation for this part's protective efforts while guiding it toward a more positive and aligned role?

7. \*\*Long-Term Perspective\*\*

- What would this part need to see or experience to believe that my goals are safe and achievable?

- How might I gradually build this part's trust in my ability to pursue my goals without triggering its reactive behaviors?

- How can I integrate this part’s concerns into my goal-setting process to ensure that it feels heard and valued?

By asking these questions, you can gain insights into the Firefighter part's motivations, fears, and triggers. This understanding allows you to work collaboratively with this part, helping it to find new, healthier ways to support your overall well-being and goals.

Framework for compassionate inquiry, which involves asking questions to better understand the parts of ourselves that may be acting out or in pain. The goal is to approach these parts with curiosity and compassion, rather than judgment or fear.

Here are some key compassionate inquiry questions inspired by the IFS process:

1. **Who are you?**
   * This question is aimed at identifying the specific part you are engaging with.
2. **What is your role or job?**
   * Ask the part what its function is. It may be a protector, a manager, or an exile.
3. **Why do you do what you do?**
   * Explore the reasons behind the part's behavior, whether it's controlling, acting out, or withdrawing.
4. **What are you afraid would happen if you didn’t do this?**
   * This helps uncover the fears or underlying motivations driving the part's actions.
5. **What are you trying to protect?**
   * This question often reveals the emotional wounds or vulnerable exiles the part is trying to shield.
6. **How long have you been doing this?**
   * Explore the history of the part, including when it took on its role and why it felt the need to step in.
7. **What do you need from me?**
   * Ask the part how you, as the Self, can help or support it in a compassionate way.
8. **How can I help you relax?**
   * This question encourages the part to trust the Self and to allow for a different way of managing the situation.
9. **What do you need in order to feel safe?**
   * Understanding a part’s need for safety can help with unburdening it from extreme behaviors.
10. **Would you be willing to let me lead?**
    * This final question invites the part to step back and allow the Self to guide the internal system toward healing and balance.

Combining \*\*parts work therapy\*\* (IFS), \*\*Human Design\*\*, and \*\*manifestation practices\*\* into one coaching modality requires carefully crafted questions that encourage self-awareness, alignment with one's unique design, and an integration of internal parts for goal achievement. Here are some powerful questions a coach might use from a \*\*Human Design lens\*\*, with a focus on connecting with internal parts to help clients manifest their desires:

1. \*\*Understanding Authenticity and Core Self\*\*

- \*\*"What does your Human Design type (e.g., Generator, Projector, Manifestor) say about how you are meant to interact with the world?"\*\*

- Helps clients understand their core nature and align parts that may resist their authentic way of being.

- \*\*"Which parts of you feel aligned with your true Human Design self, and which parts feel like they are in conflict?"\*\*

- Encourages the client to identify parts that are resisting or trying to protect them from being their authentic self.

2. \*\*Aligning with Strategy and Authority\*\*

- \*\*"How do you feel about following your Human Design strategy (e.g., responding, waiting for the invitation, initiating)? What parts of you resist this approach?"\*\*

- Helps identify parts that may feel discomfort or fear around following their correct strategy.

- \*\*"How does your authority (e.g., emotional, sacral, splenic) guide you in making decisions, and which parts of you try to override that inner guidance?"\*\*

- Encourages the client to understand which parts might be blocking them from trusting their inner authority.

3. \*\*Releasing Conditioning and Limiting Beliefs\*\*

- \*\*"What external or societal conditioning have you internalized that might be pushing parts of you to act against your true design?"\*\*

- This question uncovers the conditioning that influences parts to behave in a way that doesn’t align with the person’s authentic design.

- \*\*"Which parts of you hold onto limiting beliefs that conflict with your Human Design purpose, and how do those beliefs keep you from manifesting your desires?"\*\*

- Identifies limiting beliefs that parts are carrying and helps the client begin the unburdening process.

4. \*\*Connecting with Manifestation\*\*

- \*\*"How do your parts feel about manifesting according to your design (e.g., waiting to respond, initiating action)? What part of you doubts the process?"\*\*

- Allows the client to explore internal resistance to their manifestation process based on their unique design.

- \*\*"Which part of you feels most excited or empowered by the idea of manifesting your goals, and how can you work with that part to stay aligned with your strategy?"\*\*

- Helps the client connect with supportive parts that are in alignment with their manifestation goals.

5. \*\*Addressing Inner Conflict Between Parts\*\*

- \*\*"What are the competing desires of your parts when it comes to living according to your Human Design versus how you've been conditioned to live?"\*\*

- Encourages exploration of parts that may feel conflicted between living authentically and meeting external expectations.

- \*\*"Which parts of you feel protective or hesitant about following your design fully, and how can we reassure those parts that it’s safe to trust the process?"\*\*

- Helps identify protective parts and supports unburdening their fears.

6. \*\*Tapping into Inner Resources for Manifestation\*\*

- \*\*"How does your defined or undefined energy centers affect your emotional or mental states, and what parts step in when you feel out of alignment?"\*\*

- Connects the client’s internal parts with their energetic blueprint, helping them understand when certain parts are triggered or feel unbalanced.

- \*\*"How can your inner parts work together to support you in using your Human Design strengths to manifest your desires?"\*\*

- Encourages collaboration between parts to harmonize with the client’s strengths as revealed through Human Design.

7. \*\*Embodying the Manifestation Process\*\*

- \*\*"What does manifestation look like for you when you're living in alignment with your design, and which parts of you may be afraid of that success?"\*\*

- Uncovers fears or concerns that parts may have about achieving desired goals, allowing for healing and unburdening.

- \*\*"What role does each of your parts play in the manifestation process, and how can we align them with your true design to bring your goals to life?"\*\*

- Encourages the client to integrate all their parts so that they can manifest from a place of alignment.

8. \*\*Creating a Roadmap\*\*

- \*\*"How can you use your Human Design chart to create a roadmap for your goals, and what parts might need extra support along the way?"\*\*

- Combines Human Design's clarity with IFS’s parts work to create a clear action plan, highlighting potential challenges from internal parts.

- \*\*"What actionable steps can you take that align with your design, and how can you reassure your parts that they will still be heard and supported?"\*\*

- Offers practical steps to manifestation, while ensuring that all parts feel safe and understood.

9. \*\*Emotional Alignment\*\*

- \*\*"When emotions arise, which parts of you tend to take over, and how can you use your design's strategy and authority to soothe and guide them?"\*\*

- Connects emotional regulation with the client’s design and parts work, helping to harmonize emotions with their manifestation journey.

- \*\*"How do your parts react when you follow your emotional authority? What do they need to feel comfortable trusting that process?"\*\*

- Encourages trust in the client’s emotional authority while addressing parts that resist emotional guidance.

10. \*\*Reflecting on Progress and Adjustments\*\*

- \*\*"How do your parts feel now about your progress toward manifesting your desires? Are there any new parts or concerns that need attention?"\*\*

- Encourages reflection on progress and checks in with parts that may have new needs or concerns as the client moves forward.

- \*\*"What small adjustments can you make, in alignment with your Human Design, to bring more clarity and ease to your manifestation process?"\*\*

- Focuses on fine-tuning the process by aligning parts with the client’s natural design and desires.