**Gentle curiosity-based questions to encourage ‘small steps forward** Box 15

What would it feel like I wonder if you ...... ?

What would it feel like I wonder if I ........ ..?

Perhaps you could just ... ...

How about you ... ...

How about we think together about ... ...

I wonder if you could ... ... while I ... ... /

How could I help you with ... ... I wonder

These could be combined with empathy and acknowledgement of their difficulties:

I know getting started with things can be difficult for you. How about if ... ...?

Its always hard when we have to stop before we've finished I know. How about I ... ?

I know you can do it. but I also know you are anxious about it. Would it help I wonder if ...?