

Questioning for Results

Seven:9

Question: How do you ask questions that produce the most results?

Answer: Ask yourself, "What is the question that I can ask which by the very nature of the presuppositions in the question itself will cause the client to make the greatest amount of change by having to accept the presuppositions inherent in the question?"

Taking A Detailed Personal History

Seven:10

Questions:

(As you ask these, note if answers suggest client is at cause or effect.)

1. *Why are you here? Why else? Why else? Etc.*

Elicit all reasons for client being here.

2. *How do you know you have this problem? How is that a problem?
How do you do it? When do you do (not do) it?
Can you do the problem now?*

Elicits a reality strategy for problem and any diagnoses made.

3. *How long have you had it?*

Was there ever a time when you didn't?

What have you done about it?

4. *What happened the first time you had this?*

What emotions were present?

5. *What events have happened since then?*

What emotions were present?

6. *In each of these events, what is the relationship between the event and your current situation in life?*

7. *Tell me about your parents, brothers, sisters, etc.*

What is the relationship between this person (mother, father, etc.) and your current situation?

8. *Tell me about your childhood in relationship to this problem.*

9. *Is there a purpose for this problem?*

Is there a reason for having the problem? Ask your Unconscious Mind.