

**What would make your
situation better
in the short term?
And in the longer term?**

**What would be an ideal
outcome for you?**

**What has worked well for you
in the past that you might use
in this situation?**

**If you could learn something
as a result of progressing this
situation, what would you like
this to be?**

**What do you need to do to
start putting your ideas into
action?**

**When you think about
the future, what are you most
optimistic about?**

**What could be the cost to you
of getting what you want?
How do you feel about this?**

**What could the way you are
dealing with this situation
teach you about yourself?**

**Thinking about how
you relate to people,
what do you most appreciate
about yourself?**

**What could you do
to increase your chances
of getting what you want?**

**Looking
around this group,
who could help you?
How?**

**What is most positive
about your situation at the
moment?**

**If you get what you want,
what will this achieve for
you?**

**What is the simplest useful
thing you could do?**

**If you could change just 1 thing
about your situation now,
what would this be?**

What would be the 2nd thing?

**What could be just one thing
that you could do differently
to improve things?**

**What is the most radical
thing you could do
to get what you want?**

**Think of someone you really
admire – real or fictional,
alive or dead...**

**How would they deal with
your situation?**

**What is the funniest thing
about your situation?**

**What is the greatest obstacle
you face to getting
what you want?**

**And what could you do to help
overcome this?**

**How will you know if you
are successful?**

**What do you not know
about the situation?
What else?**

**Think of someone else
who is somehow involved
in this situation.**

What would they say about it?

**If you were advising
someone else
facing this same situation,
what would you tell them?**

**Why is this situation
important to you?**

**What do you have absolutely
no control or influence over?
And what will help you to learn
to live with this?**

What will success look like?

**What would you say
'playing to your strengths'
means for you?**

**How could use your
creativity to progress what
you want?**