



## 19 Questions

1. What do you enjoy, what are you passionate about?
2. What is the problem or issue that brought you here?
3. What have you done about it in the past?
4. How do you know you have this problem (we are looking for their strategy here)
5. How specifically is it a problem for you now?
6. How much time does it take? (Contrast frame)
7. How long have you had it? Was there ever a time when you didn't have it?
8. Tell me about the first time you remember having this problem. What emotions were present?
9. Tell me about your childhood in relationship to this problem.
10. Tell me about your father, mother, and siblings in relationship to this problem.
11. Tell me about any events since the first event through your life, in relationship to this problem

11. What's the relationship between all the events, and your current situation in life? (Greater level problem)
12. If there were a grander purpose to having this problem, what might it be? Ask your unconscious mind...
13. What possible benefit might there be to having or holding on to this problem? IF there was a benefit, what would it be?
14. Is there something in your unconscious mind wants you to get, which, if you got it, would cause this whole problem to disappear?
15. What have you been unwilling to do, in order to keep this problem?
16. What are you willing to do in order to change the problem now?
17. What will you be thinking or knowing differently after we have finished
18. our work together in order to know that the problem has disappeared?
19. How will you know as you (metaphorically) walk through that door, that you got what you came for?