

All Purpose Questions for a Listening Partner to Ask During a Difficult Discussion

Why is that a problem for you?	How big a problem is that for you?
What does this problem or situation symbolize to you?	When did you first begin to feel concerned about this problem/situation?
What are the benefits if this challenge is reasonably resolved to your satisfaction?	Is this something that you can resolve on your own without any support or encouragement from me?
Is this issue something that you would like me to fix without any support or encouragement from you?	Here’s the main point and the main feeling I think I am hearing. (Summarize)
What is your main intention for bringing up this topic?	Save this for your last question: What else would you like to tell me that I haven’t already asked?