

How to Create Client Awareness

This is a simple guide to asking powerful questions that direct clients to reflect on their mental states and behavior, whether toward themselves (inward) or toward other people (outward). Example questions are provided.

	INWARD	OUTWARD
MENTAL	<ul style="list-style-type: none"> • How do you feel? • What do you value? • What does your intuition tell you? • What do you prefer? • What have you learned? 	<ul style="list-style-type: none"> • Who inspires you? • Who do you want to impact? • What would you want (X person) to understand? • Who accepts you?
BEHAVIOR	<ul style="list-style-type: none"> • What's next? • What can you commit to? What change are you willing to make? • What's the first step? • What will you do differently? 	<ul style="list-style-type: none"> • Who supports you? • Who is an obstacle? • Who can you turn to? • Who can help? • Who can you share this with?

A Simple Format for Generalizing Awareness

Your problem in a nutshell:

TIME

How frequently is this a problem? _____

When this is a problem, what is the duration? _____

PEOPLE

Who is involved with this problem? _____

Who generally makes this problem better? _____

Who generally makes this problem worse? _____

SETTING

What situations lead to this problem getting worse?

Which situations are the most tempting/problematic?

Which situations do not lead to this problem cropping up?

With these insights in mind, how can you make small changes that might improve this problem?
