



Tina Ratliff

Coaching and Growth Groups

Questions for Quadrant 1 & 2

Getting in the well/ building your empathy/attunement

- What are you feeling?
- What else are you feeling?
- Talk to me. I am listening.
- You are making total sense.
- I understand how you feel.
- You must feel so discouraged.
- I just feel such despair in you when you talk about this.
- Wow. You are in a really tough spot here. That is so hard.
- I can see how painful this is.
- The world just needs to stop when you are in this much pain.
- I wish you didn't have to go through this.
- I'm on your side.
- I wish I could have been with you.
- Oh, wow, that sounds terrible.
- You must feel so helpless.
- I am here for you.
- I'd feel the same way if that happened to me.
- You are in a lot of pain. I can feel it.
- That must have really annoyed you.
- That would make me mad, too.
- That sounds infuriating.
- That is so scary.
- I would have been disappointed by that, too.
- Wow. That must have really hurt.
- Okay, I think I get it. So what you are feeling/thinking is.....
- It hurts me to see you in so much pain.
- Nothing is more important to me right now than listening to you.
- We have lots of time to talk. I am here for you.
- I think you are being very clear. Go on.
- Help me understand your feelings a little better here. Say more.
- Tell me more.



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Questions for Quadrant 3 & 4

Once the well has been jumped in, and the emotions fleshed out and the brain is no longer in a triggered state, we can move on to questions that move us toward what's next...

- What are the feelings here you are afraid to even think about?
- Do you have any mixed feelings? What are they?
- How does this situation touch you?
- How does this situation change you?
- How has your changing/growing effected this situation?
- What, if anything, makes you angry here?
- If you are feeling angry, what else could be underneath that anger? Sadness? Grief? Fear?
- Help me understand this situation from your point of view. What is most important to you?
- Tell me what you are most concerned about.
- Does this remind you of anything else in your personal history? What?
- How does this affect your identity, your ideas of self?
- What do you see as your choices?
- What are the positive and negative aspects of each of your choices?
- Do you think this has affected our relationship (or another relationship)? If so, how?
- Do you wish you could have done things differently?
- What are your obligations here?
- Do you have a choice to make? What is it?
- What do your values tell you about all this?
- Talk about what the decision is that you think you have to make.
- I think you have already thought of some solutions. Tell me what they are.
- It's ok to know what to do here, but what's your guess?
- What are your goals here?
- How do you wish things could be resolved?
- What would you really like to say here, and to whom?
- Think of someone you really admire. What would he or she do and how would he or she view this situation?

*Many of these questions are from John Gottman's Card Decks App