

ADVANCED CONVERSATIONAL THERAPY - QUESTIONS

PROBLEM

- What is the problem
- What is going to change
- For what purpose
- How do you manage
- When did this start
- What's not the problem
- What are you caught here
- What's stopping you
- What's the feeling
- I'm curious about
- How do you know
- When did it start
- How is that a problem
- What situation triggers
- Where does this show up

SLOW DOWN + REPETITION + ATTENTION = PROCESS INSTRUCTION

- That's better
- Stay there
- What's that
- All the way
- There you go
- How do you manage
- I agree
- Why not connect
- I wonder how it feels
- I wonder what that has to do with.....
- Figuring it out
- You're so close
- I know
- Don't rush
- Do a thorough job
- I'm curious about
- What's happening now
- How could you know
- How do you feel about your problem now
- You've been here before
- You're solving things
- Coming together now
- Take your time
- You are safe

CONCLUSIONS/ RESOURCES

- So you need X to be Y
- This is a new place to be
- What might you let of
- The old was X and the new is Y
- What would you connect
- So why keep doing that
- Enjoy the new way
- I wonder what does _____ have to do with _____
- You've tried ____ but doing ____ instead must work better

UNCONSCIOUS MOMENTS

- | | | |
|------------------|------------|---------|
| • Blinking | Posture | Yawn |
| • Zoning off | Looking up | Fidget |
| • Slow down | Twitch | Swallow |
| • Laughter | Emotional | Sigh |
| • Contradictions | Confusion | Feel |

KNOTS + CONTRADICTIONS + PARADOX

- If you are X then you'll lose Y
- What's happening now
- Take your time
- There it is
- You need X to be Y
- Here you are changing while having fun
- I know
- Where are you in this
- I agree
- Now we are getting there
- Why keep doing it
- Yah, you keep missing
- Unlimited resources
- When you're ready, come on out
- That's right, how could you know
- How do you do that, when you are ____

TESTING + LOOP BACK TO THE PROBLEM

- Test for good/bad/neutral
- Question if stuck – find new resources
- Connect resources with old problem
- Look for loose ends, hesitations, - “But’s, what if’s, maybe’s”
- Add resilience – negate the positive in a hypothetical
- How do you feel now
- Now that you are feeling X, are you sure it worked?
- What happens if you go ____ - what will happen?
- Are you sure?

- What does this have to do with ____ and feeling ____
- Consider this ____ connects with ____
- If you had to tell that little child ____
- I'm wondering how ____ connects to ____
- Don't rush this, cause it's important
- You are safe – I'm going to be here
- Fix it all – don't leave anything behind
- Don't leave any stone unturned
- Doing a great job



- Are you lying to me?
- Can you think of anything or anywhere where there is a chance you would go back?
- Are you 100% sure?
- Couldn't be that easy?
- What is the different?
- But what if...
- How does it feel to be in a new place?
- New place to be?
- Don't even think about how easy it will be to stop ____
- Maybe you could just realise how fun things would be when ____
- Little by little, feeling how good it feels inside when you understand the power of your mind and what this session is about, until you really start to feel something
- It's only in a short amount of time that your mind can start to shift to more positive ways to look at your challenge
- Test the doubt – client to convince therapist

ATTENTION: - Problem

BYPASS CONSCIOUS (FLUFF, THOUGHT): - Problem

STIMULATE UNCONSCIOUS: - Do more A

Unconscious moments: Dazed, eye closure, blinking etc

RADIFY MOMENTS: - A

DIRECT THINKING: - Towards resource



DEMARKATION QUESTION

What is the smallest thing you can do to get the greatest impact?

SILENCE