

THE ART OF ASKING POWERFUL QUESTIONS



It is useful to ask questions that prompt you to find solutions rather than to make statements. Why? Because a powerful question hijacks your mind and prompts you to answer.

Asking powerful questions is a skill and, like any other skill, it takes practice.

Questions hijack the brain and interrupt your thought pattern. The moment you hear one, you literally can't think of anything else. And that can be a powerful tool.

eg. Try this:

- How could I surprise myself, right now?
- Could you try not to think of the pink elephant for one minute?
- Do you really know where you are going in your life?

You can now realise that this type of question prompts you to reflect and to respond in the present moment.

3.1 Summary to design powerful belief questions.

“My5questions” is a way to invite people to deepen their own reflective practice and to access to what they know, but they don't know that they know, such as their own beliefs. “

Bottom line Check if your belief question is powerful.

Does your question...	✓
Prompt you to act at work and at home?	
Is short enough or funny enough to remember it?	
Is emotive and or positive?	
Is audio-visual (metaphor)?	
Includes “Yin Yang” polarities?	
Opens new perspectives?	

Technique Several ways exist to answer to a question

1. **Cause and effect:** Give your best answer.
2. **Cause and effect:** Look for a 2nd best answer
3. **Emergence:** Stay in the question and sleep on it.
4. **Emergence:** Stay in the feeling of the question and dance the question.