

Using Questions

Listen for	You make me feel like I'm not perfect
Question	How does what he is doing cause you to feel imperfect?

Listen for	When you turn away, you don't think I'm good enough for you
Question	How does her turning away mean that you are not good enough?

Listen for	He doesn't think that I'm good enough
Question	How do you know?

Listen for	I must succeed
Question	What would happen if you didn't?

Listen for	I can't stay in a relationship
Question	What prevents you?

Listen for	My decision limits me/ I believe that
Question	How are you deciding to limit yourself now?

Listen for	I can't learn
Question	What do you believe you can't learn?

Listen for	I'm not sure.... I'm stressed....
Question	About what?

Listen for	They aren't sure
Question	Who, specifically?

Listen for	She's surer/more sure
Question	Compared to whom or what?