

Best practice Questions [collection]

Intro

Collection

- All purpose-questions
- Fast forward 20 years from now -> our relationship is "the best ever" -> Why?
- If you would have to name one thing that annoys you about (this person/thing/...) what would it be?
- If there was one thing you have not expressed yet towards (...) what would it be?
- What would you be totally uncomfortable talking about right now?
- What are you still attached to, even though you know deep inside that it's time to let go of?
(relationship, job/activity, habit, belief)
- Where in your life are you not completely honest to yourself right now?
 - Alright + what would you say, if you were really really honest to yourself?
- What if xy was 100% your responsibility. What would do say/do/... ?
- Imagine in 5 years you say "ouh back than I was totally mislead by my ego in this topic" -> How did the ego do that?
- Let's pretend everything you just said was your lower self + you didn't realize. How would it have done it?
- What do I know that I wish I didn't? (Oksana)
- What do I need to let die today? (Oksana)
- Which question would you ask yourself to create...
 - A state shift?
 - More understanding for you
 - ...
- What's the #1 things you could start/stop doing consistently that would profoundly impact your life & those around you?
- This relationship has become one of your most cherished ones (50y in future). Why?
- If I had to name one thing that...
What would it be?
- If you had one week with infinite time...?
 - What would you do in that week?
 - What would you do the weeks after?
- What am I missing, if I focus on ...
 - ≙ Lino in Buckow

Follow-Up questions (that work for most):

- What came first to you mind? (especially if "I don't" answer)
- If you are really honest to yourself, what was the first thing that came up, even before the one you mentioned?
- What if you were really honest to yourself?
 - What if you were really really honest to yourself?

Other

- What are you resisting?
 - Other people
 - Places
 - Yourself
 - Thoughts
 - emotions?
- Why? And why is that? And why is that?

- Ask multiple times
 - How could we get deeper in our conversation right now?
 - What do you want?
 - What do you REALLY want?
 - What do you REALLY REALLY want?
 - via Torge's Frage zu "nicem Raum"
 - Was liegt im Raum, was noch nicht ausgesprochen wurde?
 - Was halten wir zurück, was gesagt werden möchte?
 - Wo unterdrücken wir etwas, von dem das Leben möchte, dass es hervorkommt?
 - Was lassen wir nicht zu, obwohl es eigentlich passieren möchte?
 - Wo sprechen wir nicht unsere Wahrheit, obwohl der space es möchte?
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General Principles

- If you would have to...
- Fast forward 5/10/20 years = best
- What comes to mind first?