Listening with HEART® Reflective Questions


H—HEALING
• What are you hoping for?
• What would a healing outcome be?
• What do you believe is the meaning of this challenge?
• What do you imagine success will feel like?

E—ENERGY
• What are your feelings about moving forward with this challenge?
• What has given you the energy or will to succeed at other times?
• What would be a step in the right direction for now?
• What do you need to take that step?

A—AWARENESS
• What do you understand about the challenge you are facing?
• What support do you have or need in following through with choices you have made?
• How have you taken care of yourself in the past?
• Where do you feel most comfortable or comforted?

R—RESILIENCY
• What has worked for you in other challenging times?
• What do you trust the most about yourself?
• Tell me about a time when you had success in dealing with a challenge?
• What have you learned from that success?

T—TRANSFORMATION
• In facing challenges, what brings you experiences of joy?
• What brings out your creativity when you are facing challenges?
• In facing these challenges, what has brought you deep feelings of love?
• When, during this challenging time, have you felt a deep sense of peacefulness?