

Good Question Directory

1. **Different Context:** Ask someone if they would feel the same way/do the same thing in a different context. For example, *"How would your reaction be similar/different if you were home vs. on campus?"*
2. **Process:** Slow an event down and notice what went into it. For example, *"As you look back on your accomplishments, what were the turning points that made this possible?"* *"What were the things you said to yourself that supported this new resolve?"*
3. **Details:** Help make an event vivid. Help people remember an aspect of an event they might have forgotten. For example, *"What was it like when you first walked into the classroom?"* *"What was the look on his face when you told him you had won?"*
4. **Future Oriented:** Help someone to begin to imagine the future. For example, *"What could your next step will be? What about three months from now? How might you look back on this experience in 10 years?"*
5. **Past Oriented:** Remember past experiences of strength. For example, *"When have you felt overwhelmed in the past and what were some of the steps you took that helped you feel more organized."*
6. **Contrast:** Notice differences over time they might be taking for granted. For example, *"Is that different than what you would have done in high school?"*
7. **People:** Draw attention to other people that have had an influence on our ideas and experiences. For example, *"Who played a part in your ability to bounce back from that failure?"*
8. **Hypothetical event questions:** Help people imagine other outcomes to their actions. For example, *"What would it be like if you had chosen a different major?"* *"If you hadn't asked for help, how do you think the class would have been?"*
9. **Meaning and implications:** Support people to explore the meaning of the bigger meaning of their actions. For example, *"What does taking this job say about what is important to you?"* *"What part of this internship is especially meaningful to you?"*
10. **Motivations, hopes and goals:** Invite people to notice how particular developments reflect larger life projects. For example, *"What motivated you to take that step?"*

11. **Characteristics and Qualities:** Help people name their uniqueness. For example, *“What does it say about you as a person that you would do this? Describe something in your life that enlivens you or draws you in.”*
12. **Values & beliefs:** Look beyond specific events and reflection on their moral, ethical or spiritual dimension. For example, *“Which of your values inspired you to join that club? What would you hope to contribute to the group?”*
13. **Unique outcome:** Ask questions to search for something outside of the norm. For example, *“Has there ever been a time when you didn’t have that reaction? How is it different this time?”*
14. **Knowledge and learning:** Bring forth people’s specific local knowledge. For example, *“When you see how far you have come together, what have you learned about your group?”*
15. **Elaboration:** Encourage someone to provide more details, go a little deeper or get to the core of the matter. For example, *“Could you tell me more? Say more about why that is important to you.”*

Adapted by Marlow, Eily, Trail-Johnson, Karin, and Kruse, Tina from Freedman, Jill, and Gene Combs. *Narrative Therapy: The Social Construction of Preferred Realities*. **W.W.** Norton & Company, 1996, for the Lives of Commitment program at Macalester College