

Helpful Relationship and Situation Questions

1. What happened?
2. What past events happened that led up to the situation?
3. What role did you play in creating this situation?
4. What roles did other play?
5. What do you have control over?
6. What don't you have control over?
7. What was your response?
8. How did your response affect your thoughts and feelings?
9. How did your response affect others' thoughts and feelings?
10. Any other relevant information such as special expectations or requirements of your situation?