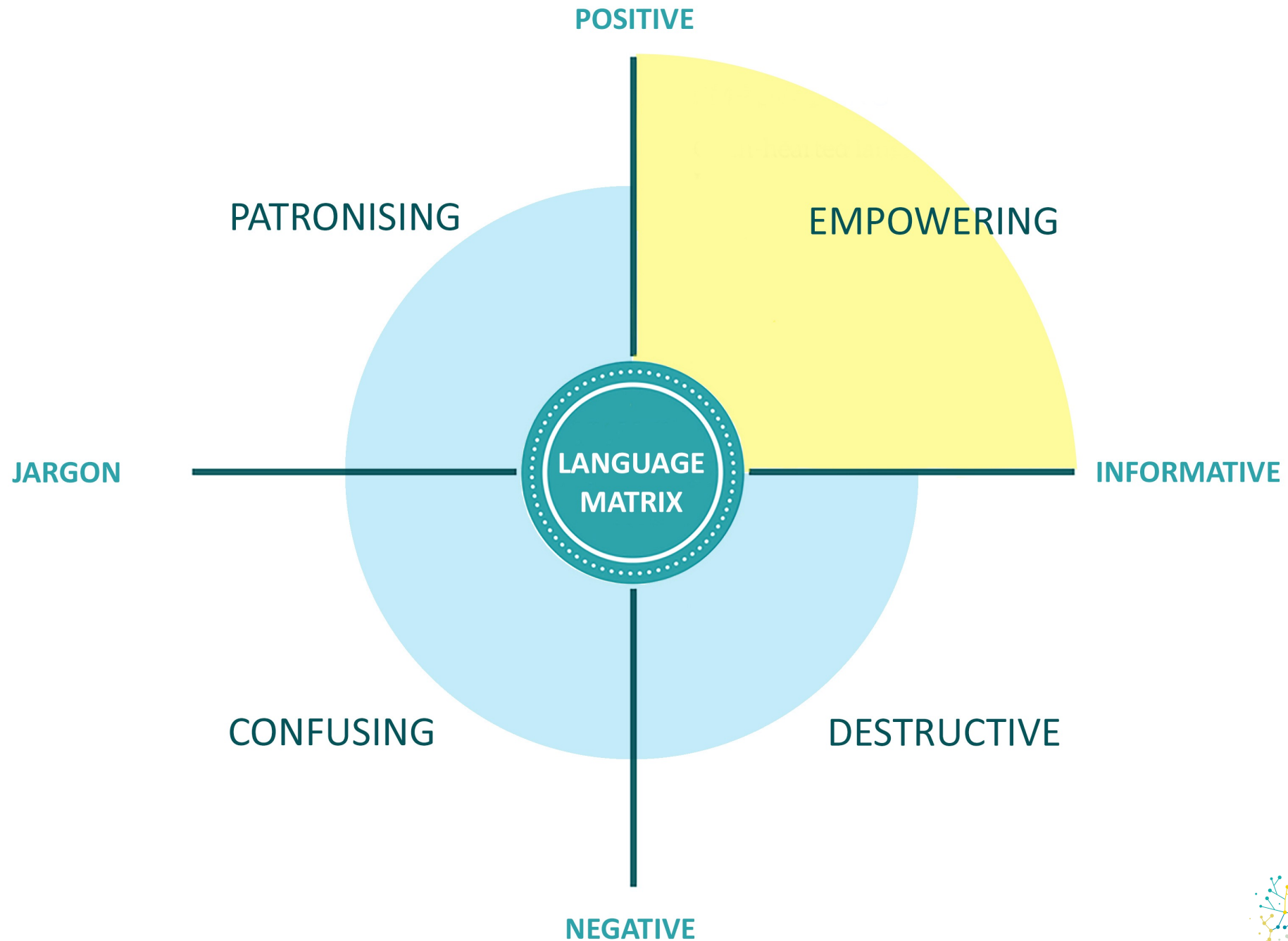




Rachel Callander



What are you *PROUD* of?

What do you *HOPE* for?

What are you *AFRAID* of?

What do you *NEED*?



What are you PROUD of?

What's working for you already?	What are some achievements you are proud of?	What do you enjoy doing?	What do you love to do?
How does that look?		What has energised you this week?	What do you love to do together?
Can you tell us more about that?	What is it like to be you?	What do you do well?	What is your experience of life?
Can we enhance anything about this?	What makes you feel you are your best you?	What do you do best at school?	What is your experience of your condition?
What matters to you?	What do you love about yourself?	What makes you get out of bed in the morning?	What are some of the challenges you've overcome?
What's the best part of your life?	What do you enjoy about yourself?		
What do you enjoy doing?	What matters to you today?	What do you love about the person you care for?	What are your child's strengths?
What pleases you about your child's progress?	What was the best part of your day?	What's a memory that brings you joy?	What was a win for you or your child this week?
What works with your family?	What's been great about today?	What makes you feel joy?	What went well this week? What worked?
Have you already had a good outcome, and what was it? What made it good for you?	What gives you joy?	What are your superpowers?	We can see how much your child has improved with _____. Is there anything else you can see that they are improving with?
What makes you smile when you think of your child?	What has been a high-five moment today?	What do you best when you are at home?	
What delights you about your child?	What would a high five moment look like for you?	What excites you?	What does a happy moment look like for your child/your family?
What delights your child?	What are the things that make you feel more alive? When do you feel most alive?	What has made you smile today?	How do you celebrate your child?
What's your favourite thing, or what do you love most about your child?	How have you impressed yourself?	Has anything happened today that put a bounce in your step?	What achievements have you had as a family?
What makes your child sparkle?	Is there something cool that you've been up to? What is cool to you? If you could get up to something cool, what would that be?	What have you done that's brought great joy to you or someone else?	What is something new you/your child has learned?
What is something good that happens in your day?	What's something you've done that you never imagined you would do?	What has made you feel thankful today?	What is something you feel you have had success with or achieved?
What inspires you?	What makes you laugh?	Has anything made you feel grateful today?	What skills have you learned through being your child's parent?
What are your strengths?	What makes you happy?	What's floating your boat right now?	What do you think your strengths are as a parent?
		What good things have you noticed today?	

What do you HOPE for?

What are your dreams?	What does a bad day look like?	Who do you want to be?	When do feel most free?
What inspires you?	How many good days have you had this week/month?	How do you want to feel?	What does quality of life look like to you as a family?
What are your short or long-term goals?	How many bad days have you had this week/month?	What are you feeling good about doing today?	What does a good outcome look like to you?
What would quality of life look like for you?	Do you think about the future?	What are you looking forward to celebrating?	What is your goal? What can I do to help you reach that goal?
In a week/month/year's time, what would you like to be different?	What does it look like for you?	What would make you smile?	What will it look like when it is better?
What is your vision for you/your child?	Do you have any aspirations or goals?	What is important to you?	When you leave today, what is one thing you'd like to have achieved/discussed/put in place/started/finished?
What would you like to achieve?	If you could change one thing in your life to make it better, what would it be?	How far would you like to get with that this week? / This month? / This year?	
How can we help you to get there?	What are you looking forward to?	How would you like to celebrate achieving these things?	
What is fun for you?	What brings you comfort?	What matters most to you?	
What would you like more of in your life?	Is there something you've imagined doing but never done?	What would you like tomorrow to look like?	
What would you like less of in your life?	Can we work towards that?	What are you curious about?	
What does a good day look like?	What is the first step towards this?		

What are you *AFRAID* of?

What is forefront on your mind?	What is one concern in the forefront of your mind?	What challenges are you facing? Socially, as a family, academically...?	Is anything making you anxious?
What is the top priority for you?	How does this affect the others in your family?	Do you have any environmental challenges?	What questions do you have?
Is there anything you are unsure of?	What gives you butterflies in your stomach?	Does this sound possible? If not, what is holding you back from thinking it is?	How does this affect your child? Your family?
Do you have any hesitations?	Do you have any fears of what's to come / next steps?	What is missing?	What doesn't feel right or make sense?
What are your biggest challenges?	What are your concerns with the process? With the therapy?	What are your biggest concerns?	What concerns do you have about your child's/your future?
What are the barriers in your life to achieving your goals?	What keeps you up at night?	Is there anything you wish you could change about this situation?	What do you find challenging?
What is holding you back?	Is there a thought that wakes you up at night?	What is worrying you the most?	Is there anything that you have heard/ seen/googled that is causing you distress?
What frustrations are you feeling?	How do you respond to stress?	What isn't working for you anymore?	What are the most challenging parts of your day?
What is concerning you right now?		What upsets you the most?	How can we support you to make those challenges easier?
What bothers you right now?		Is there anything you are avoiding?	
Are you worried about anything in particular?			

What do you *NEED*?

What would make your life easier?	How can I show up big for you?	What is harder than it needs to be?	Who else needs to be in the team?
How can we get you what you need?	What could be done differently?	What can we explore further with you?	How can we best work together?
What would good support look and feel like?	Imagine if you had all that you need right now, what would be different?	Are you getting adequate support? Do you feel supported? Is there anything missing?	Is there anything that we can learn from you, that would make things better?
How can I best help you today?	What is already working for you?	What is one thing that would make your/your child's life better/easier?	Is there anything that we are missing, or not fully understanding about you/your child/your family?
What do you need to move forward?	How can we enhance the things that are already working for you?	What are the hardest things for you as a family?	Are there any barriers to you getting or asking for support?
What is the next step?	What works and what should we keep doing? What isn't working and what should we stop doing?	How do you think we can support you?	What have you been told about your child's diagnosis?
What is the most important thing to you?	What help is helpful? What help is unhelpful?	What supports do you have in place to help your child? What supports do you have to help YOU?	How do you feel about this?
What makes your day harder than it needs to be?	What makes you feel safe?	Do you have questions that need answers?	Is there anything you are still unsure about relating to your child's diagnosis?
What one thing could make life better for you?	What feeling would you like to reduce in your life?	Can you think of anything that would make this better for you?	Does your child's diagnosis carry any additional relevance culturally/religiously to you?
Is there anything I can do for you right now?	Are you struggling with anything?	Are there things that would be useful for you to learn that we can teach you?	How can we best support you culturally/religiously?
How does this impact your life?	Can I provide you with more information?	How can we best support you and your family?	What is this like for you as a parent? As a family?
What would really help here?	How can I support you?	Is there anything you need more information on?	How can we support you/your family?
Is anything else required?	Is there anything hindering you? Are there any roadblocks?	What have you understood about your child's diagnosis?	Is there anything that we are doing that is not working?
How could I connect with you in a more meaningful way?	Who or what will help get you to your next step?	What have you understood about your diagnosis?	Do we need to change anything?
How do you feel about today's news?	How can we assist with this process?	What would be most helpful for you and your family?	How do you think we can change things to make this better?
What do you need from me to be at your best?	What is missing? What further information do you need? How do you feel about...?	What more can be done to support your family and the goals we have made?	Just because we can do certain things (treatment) doesn't mean we should. Is there anything you'd like us to stop?
What can't you live without?	What are your thoughts on...?	What do you need to flourish?	
What would be most helpful in this moment?	Can you see a way that we can make things easier for you? Can we make things easier for you?		
Is it OK to be here with you now?			
What can I do to support you?			
Is there something I can help you to make different?			
Is there anything more I can do for you right now?			



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