

Focused Reflection: 20 Questions

Take a situation or relationship that you want to understand a little better or that you wish to change. Note your thoughts and feelings to as many of these 20 questions as makes sense to you:

The Situation

1. What is the situation/issue/relationship *now*, as you see it?
2. Describe how you *want it to be*, in as much detail as possible
3. Fast-forward to this: what will you see, hear, feel when you're there?
4. What part are other people playing in this situation?
 - a. What are they doing that is helping?
 - b. What are they doing that is hindering?
5. What part are you playing in this situation?
 - a. What are you doing that is helping?
 - b. What are you doing that is hindering?
6. How much personal control do you have over this situation?
 - a. What have you done about it so far?
 - b. With what results?
7. What is *really* going on that makes this an issue, or important to you?
8. How important is it on a scale of 1 to 10?
9. How does it affect you – and others?

10 What might be happening for the other person – what do you imagine is their experience of the situation?

11 What would a neutral observer say is happening in this situation?

The Options

12 What could you do to change the situation? Jot down all your ideas even if some of them sound wild or ridiculous

13 Who handles this sort of situation well? What would they do?

14 If you had more time/resources/energy what would you try?

15 What if you had a magic wand, what would you ask it to do?

Your Action

16 Of all the options, which one appeals the most?

17 What will you do? Be really specific

18 When will you do it?

19 Who needs to know about it?

20 What could get in your way and how will you minimise the chances?