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# POWERFUL QUESTIONS

Asking open questions can empower. They encourage the other person to do the thinking which can significantly enhance their ability to work autonomously. By introducing more open questioning into your life, you can increase your understanding of the world, other people and widen problem solving possibilities.

## Anticipation

What is possible?  
What is the goal?  
What is exciting about this?  
What is your intuition telling you?

## Assessment

What do you make of it?  
What do you think is best?  
How does it look to you?  
How do you feel about it?  
What resonates?

## Assumptions

What are you assuming here?  
How have you arrived at this conclusion?  
What other ways are there to think about this?

## Beliefs

What beliefs do you have about this situation?  
How are your beliefs affecting your decisions?  
What meaning have you attributed to this?  
What is important about that?  
What does this say about the person you are?

## Clarification

What do you mean?  
What does it feel like?  
What is the part that is not yet clear?  
Say more?  
What do you want?

## Elaboration

Tell me more?  
What else?  
What more do you think, feel or want to say?  
What other ideas do you have?

## Empathy

How do they feel about the situation?  
What do you think is going through their mind?  
What would they want in this situation?  
How could you learn more about the other people?

## Evaluation

What is the opportunity here?  
What is the challenge?  
How does this fit with your plan/values?  
What do you think that means?  
How can you assess what feels right?

## Example

What is an example of this?  
What would that look like?  
How would you know when that was happening?

## Exploration

What part of this have you not yet explored?  
What other perspectives can you think of?  
What other options exist?  
How could you find out more?

## Feelings

How do you feel about this?  
Where are you feeling this most?  
When are you feeling this most?  
What would you want to stop feeling?  
How would you like to feel about this?

## For Instance

If you could do this all over again, what would you do differently?  
If it had been you, what would you have done?  
How else could someone handle this?  
If you were 10 times braver, what would you do?

## History

What caused it?  
What led up to it?  
What have you tried so far?  
How did you get here?

## Implementation

What is the plan?  
What is one small step to better?  
What will you need in order to get this done?  
What support would help you to do this?  
What will you do?  
When will you do it?



### Integration

What will you take away from this?  
What is the lesson here?  
How will this inform your next steps?  
What can you do better now as a result of this?  
How could you think differently about this experience?  
What in this situation are you grateful for?

### Learning

If the same thing happened tomorrow, what would you do differently?  
If you could start over, what would you do?  
What have other people noticed about this?

### Options

What is possible now?  
How could you explore more options?  
Who can help you with this?

### Outcomes

What do you want?  
What is your desired outcome?  
How will you know when you've achieved it?  
What would it look like?  
What would be different?

### Perspective

What will you think of this 10 years from now?  
In the bigger scheme of things, how important is this?  
How does this align to your values?  
How would someone else see this?  
What's the bigger picture here?

### Planning

What do you plan to do?  
How will you create a plan?  
What will you do next (and next)  
What are the most important things to focus on?

### Predictions

Where will this lead?  
What do you hope will be the outcome from this?  
What will happen for each of those involved?

### Refocussing

How does this relate to your goal?  
How will you know that this conversation has been helpful?  
What should I ask next?

### Resources

What do you need to help you decide?  
What do you already know about this?  
What resources are available to you?  
Who else can help you with this?

### Substance

What's the nub of the issue?  
What is the main obstacle?  
If we could only change one thing, what would it be?  
What's important to focus on first?  
What most interests you about this?  
Where should we focus our attention?  
What one thing would make the biggest difference?

### Summary

What do you deduce from this?  
What do you think this all amounts to?  
How would you summarise this so far?  
What were the main things you take from this?  
How would you capture this in just one sentence/word?  
What do you know now, that you didn't know before?

### Taking Action

What do you need to do?  
What next?  
How will you do this?  
What is the next step?  
What have you decided that you're going to do?

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*“Usually the brain that contains the problem also contains the solution; often the best one.”*

*Nancy Kline*

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