



How long have you been noticing this problem?

What effect does the problem have on your life?

How does the problem impact your energy for daily tasks?

Does the problem have an impact on your relationship with other family members?

What effects does the problem have on your child's life?

What do you think about the effects the problem is having on your life?

Are you accepting what the problem is doing?

Are these effects acceptable to you or not?

Why is this? Why are you taking this position on what the problem is doing?

How would you prefer things to be?

If you were to stay connected to what you just said about what you prefer, what next steps could you take?