



Principle 5:

Key Coaching Questions

Permission Based Coaching:

- May I offer you some coaching about this?
- Do you want to go deeper / keep going?

To Identify Specific Stuck Point:

- What are you experiencing right now?
- How does x make you feel?

Stuck Points:

- Could you give yourself permission to be stuck like that?
- Could you let it be true?
- What's coming up for you right now?
- What does that, or would that, mean for you?
- Who would you have to be to accomplish x, y, z?
- Is that thought / belief / feeling / program giving you energy or taking it away?
 Could you let go of what's taking your energy?
- Is it helping you or holding you back?
- Is it serving you to hold onto that?
- Do you need to hold onto that anymore?

Getting the Wrong Results:

- Could you let go of trying to change the past?*
- How could you do that differently next time?
- If you could just have what you want what would it be?
- What outcome would you rather have?
- What would that situation look like if you assumed responsibility for the whole thing?
- What would you do differently?
- What's the payoff for staying stuck? (What do you get to NOT be, do or have?)

About Story, Background and Details:

- How do you feel about what you just shared?
- Where in your body are you noticing it? (You can find the feeling in your body.)
- What do you believe is true about yourself in all of that?
- Do you need to hold onto that story anymore/ is it working for you?
- What are you going to regret on your deathbed? (Things you regret right now.)

Making Decisions:

- What is the outcome you're looking for?
- What are the reasons you want it, and the unconscious reasons you don't?
- What's the most important thing to you (what do you value)?
- What are you willing to compromise and what are you not?
- How does that decision look from your deathbed?
- What are you not willing to give up to make a shift?
- What are you trying to prevent?
- What's the worst case scenario?

Resistance to Taking Action:

- Why do you think you're not doing it?
- What does that action represent for you?
- What would it mean about you if you took it?

Facing Failures / Rejection:

- What are you making this mean about you?
- What are you saying about yourself right now? or
- What are you saying this means about you?
- What does this mean about you?
- What if this isn't about you?
- What does it remind you of in your past?
- What is the story you are telling yourself?

Power Externally Attributed:

- Did you create that fear / anger / pain etc. or did it create you?

Discrimination:

- Is it true, or does it just feel true?
- Is it really true?
- Could you let go of what's not true?

Identity:

- Is that (thought, belief, feeling, situation) who you are?
- If it's not you, could you let it go?

When Saying The Hard Thing (From Module 3):

- I may be off base, but do you think x might be happening?
- Is what you're experiencing (within or without) a pattern?
Do you think a program is running?
- Are there other areas of your life where you've had a similar experience?
- Are you tired of it?
- Is it working for you, or against you?
Could you let go of what's working against you?

Boundaries (From Module 4):

- May I interrupt?

***Rooted in Lester Levenson's Work:**

- Could you want freedom more than anything?
- Could you let go of wanting control, approval and/ or safety?
- Could you let go of wanting?

Goals:

- What, if anything, stands in the way of you having your goal?
Could you let it go?
- Why can't you have/ do/ be what you want?

Deciding to Work with You:

- Do you trust yourself to do the work?
- What would you have to believe about yourself in order to make this investment in yourself?
- What would you have to believe about me in order to invest?
- What would you have to believe about this work in order to invest?
- If money weren't a question for you, is this something you would do for yourself?

To Ask Yourself:

- Who am I?
- Who am I being in this moment?
- Am I giving or trying to get something?
- If you still feel stuck, ask God to please show you how to help this person.

Homework/Partner Work:

Discover and let go of any thoughts, beliefs, feelings or programs that say you are NOT a coach.
Use module 5 questions to coach your partner with, where appropriate.