

This is “Peer Counseling Pause” with Reova Meredith

Effective Questioning

The use of effective questions helps a person to more fully share the details of their story, which can lead the sharer to new insights and important conclusions.

Using the five “W’s and an H” can help one see the situation from a new and more healthy perspective. We are looking for the WHY – the reason for the individual’s behavior, decisions, actions and reactions. The other questions help us get to the WHY.

Who was involved?

Where did it take place?

When have you felt like this before?

What is the usual outcome of this situation?

How are you feeling now?

And finally the WHY - Why do you suppose you react as you do?