

## **One hundred and more questions**

Davys, A., & Beddoe, L. (2010). pp.151-157

### **EVENT**

- What have you brought to supervision today?
- Why have you brought this particular situation?
- What would a successful outcome look like?
- Where do you want to start?
- What is your top priority for today?
- What do you want from me?
- What don't you want from me?
- What is the goal for the issue?
- What is it that you wish to take away from the session regarding this issue?
- How will you know you have got what you want?
- Tell me about it.
- How much do I need to know in order to understand the situation?

### **EXPLORATION**

#### **IMPACT**

- What have you done so far?
- How are you feeling right now about this situation?
- How were you feeling at the time?
- What, if anything, has changed since this happened?
- Have you been in a situation like this before?
- What has helped you on previous occasions?
- How is this situation different from others in the past?
- What stops you from..?
- If there were no consequences what would you like to do/say now?
- If you were to give yourself wise counsel what would it be?
- How do you see your relationship with this person/client?
- Who do they remind you of?
- How much of yourself do you see in the client?
- Have you discussed this with the person/client?
- What do you like about this client/family?
- What do you think the client/family likes about you?
- What do you not like about this client/family?
- How do you think the client sees you?
- What is your greatest concern?

How important is it for you that the client...?  
How does this situation affect you?  
Who have you been able to talk to about this?  
What is your greatest fear?  
When this happens what are you thinking?  
When this happens what are you feeling?  
What do you do with your feeling of...?  
What do you think might be going on for the client?  
How might the client be feeling?  
What prevents you/ makes you hesitate/ ignore etc...?  
Whose problem is this?  
What is your gut feeling about this situation?  
What assumptions have you made?  
What is the basis of your assumptions?  
What is the most challenging aspect of this situation for you?

## **EXPLORATION**

### **IMPLICATION**

What have you thought of so far?  
What were you thinking at the time?  
What do you think now?  
What have you done on previous occasions?  
How is this situation different?  
How has your presence/intervention changed the situation?  
Who else could have done what you have done?  
What did you see?  
What did you say?  
When did this ...start?  
How do you determine your priorities?  
How did you come to that conclusion/decision?  
What is the advantage of what you do now?  
What are the disadvantages of what you do now?  
What would happen if you stopped.....?  
What is your role?  
Who is your client?  
Who are you accountable to?  
When you do x what is the client learning?  
What are the tasks associated with your role?  
What is your goal?  
What do you need to remember to say, do or look out for?  
What other approaches could you take?  
How do you acknowledge difference in this situation?

Who holds the power here?  
What are the socio political implications?  
Have you considered..?  
What do you know about..?  
What is your area of strength?  
What are your limitations?  
Why might the client be behaving as they are?  
What are the implications for you/ the client/ the agency ...etc?  
What is the purpose of your thinking on this matter?  
From what perspective are you thinking?  
What assumptions are you making?  
What information are you using?  
How are you interpreting that information?  
What conclusions do you come to?  
What is the theoretical base of your interventions?  
Why have you taken this approach?  
If you were the client what would you have noticed?  
If you were to give yourself some wise counsel what would it be?  
What do you think you have done well?  
What strengths does this family/client have?  
What changes have you observed in this client/family?  
What goals does this family/ client have?  
How might you ascertain what the client/family thinks/wants?  
What expectations does the client/family have of you/agency?  
Are the client's goals realistic?  
What are the limitations of your role?  
What would you have liked to change about this situation?  
If this situation was resolved what would it look like?  
What do you wish you had done differently?  
What are the policies, procedures which direct your work?

### **EXPERIMENTATION**

Where are you going to start?  
When are you going to ..?  
What are you going to do first?  
How might you approach this person?  
What might you do?  
How are you going to say that?  
What words will you use?  
What is the most likely response from the client/family?  
How will you respond to the client's/family's response?

What response are you most concerned about?  
How would you deal with resistance/refusal/aggression/denial etc?  
What are the possible consequences of your plan?  
Who needs to there?  
What resources might you need?  
What would happen on a future occasion if this occurred?  
How could the decision be sabotaged – by whom?  
What if there is no change in this situation?  
What contingency plan do you have in mind?.  
Who else needs to know?  
How will results be measured?  
What will you notice different about your /your client’s behaviour?  
What have you learned?  
What areas do you need to work on here- skills, knowledge attitude?  
What do you need to record about this session/client/family?  
Are there issues of safety involved?

## **EVALUATION**

Given where you started where are you now?  
How has the issue been addressed?  
At the beginning how would you rate.....?  
How would you rate..... now?  
What other issues have arisen?  
How will we follow up, review, evaluate, debrief?  
What is the time frame?  
How has this process been?  
How could it have been different?  
What have you discovered/ learned?  
How are you feeling?  
Any issues remaining about the issue or with me?