**All Purpose Questions for a Listening Partner to Ask During a Difficult Discussion**

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| Why is this a problem for you? | How big a problem is this for you? |
| What does this problem or situation symbolize to you? | When did you first begin to feel concerned about this problem/situation? |
| What are the benefits if this challenge is reasonably resolved to your satisfaction? | Will you tell me what other feelings you have about this?  |
| Are these feelings familiar? Have you felt them with anyone else? | Here’s the main point and the main feeling I think I am hearing.(Summarize) |
| What is your main reason for bringing this up? What do you hope to accomplish? | Save this for your last question: What else would you like to tell me that I haven’t already asked? |