

## **Sample Questions When Dealing with Ambivalence or Resistance**

- What is happening when you feel ...?
- What are the triggers that are stimulating you to feel ...?
- What would it take to deal with your feelings of ....?
- What is holding you back or standing in your way?
- How is ... holding you back?
- What are you afraid of?
- What is at risk for you?
- What is more important to you than meeting this goal?
- What would make this the right time for you to do this?
- What is on your plate right now that may be getting in the way?
- What would you like to do?
- What are you able to do to overcome ... or meet your goal?
- What are you willing to do to overcome ... or meet your goal?
- What can I do to best help you today/in our coaching program?
- What might I do better to help you today/ in our coaching program?
- What would your life be like if you do not achieve this goal? How would that feel?
- What would your life be like if you achieve this goal? How would that feel?
- What is the best scenario if you achieve this goal?
- What is the worst case scenario if you don't achieve this goal?
- What might be wrong about this goal?
- What might be right about this goal?
- What will it take for you to reach this goal?
- What needs to happen for you to reach this goal?
- What would it take for you to be ready to change?
- What motivator is important enough to you to help you reach this goal?
- What can you learn from this.
- What is the solution here?
- In the next week, what could you think about or do, that would move you forward?
- What have you tried and succeeded to accomplish in your life that is similar to this goal?