SELF DISCOVERY QUESTIONS
These questions will give you some ideas of what to ask each other to gain insight when sharing the Weekly Self Evaluation Question and worksheets.

Purpose: To create an atmosphere of respect and trust.

The goal is to stimulate insight without giving advice. Assisting others in the self-discovery process is not about having the right answers, but rather asking the right questions. Good questions help people have insight into what happened in the past and how it is still affecting them. Finding their own answers has a much greater impact on a person than having answers supplied by others, especially when the answers come in the form of unasked for advice.

Main Question: What are you struggling with? (The symptom)
Then help them name the underlying issue. Identify causes rather than symptoms; Anger is a symptom of fear. Overeating is a symptom of anxiety etc.

1. How is it affecting your behavior, thoughts and emotions?
2. How is it affecting your relationships? (Who are you hurting?)
3. How does it keep you safe? (From feeling what?)
4. How does it protect you from being vulnerable or hurt?
5. How does it give you power and control? (Over fear)
6. What is the purpose of the behavior? (Protecting you from what?)
7. What would you experience if you gave it up? (The greater fear)
8. What benefit are you getting from this behavior? (Protection)
9. What would it take to make this problem painful enough that you would change?
10. What are you not willing to do to change? (Where are you stuck?)
11. Who could you ask that can give a honest answer to this question?
12. Where does God fit into this problem? (Have you asked Him?)
13. What are your options?