

## QUESTIONS TO ACCESS RESOURCES

1. What's it like when you're...(x)...? (conversationally elicits resource state)
2. When you're (x)...how do you know you're ...(x)...? (elicits reality strategy)
3. If you were ...(x)...right now, how would I know just by looking at you?
4. If you were...(x)...right now, what would you be saying to yourself?
5. What are your attributes and strengths? What do people compliment you on?
6. What things do you really enjoy doing...(x)...? (you can find many resources here)
7. What would help to set you up differently next time?
8. What would let you know you're succeeding next time? How are you different then?
9. Who do you know who can handle this easily? If you were to imagine actually being them, doing it that way...how does that feel?
10. Remember a time when you were...(x)... As you go be there now...what are you feeling/saying to yourself/picturing in your mind's eye?