

# Coaching questions for wellbeing.

## Questions to help explore current feelings.

If someone else was describing how you felt by how you look, what might they say? Is this a true reflection?

Are you okay with how you're feeling?

What could you do that would help improve your feelings? What could you do to help improve others feelings?

Is your focus on what's wrong or what's right? What would help to bring more balance to how you're feeling?

What are you responsible for?

How much are you absorbing from others, how is this impacting on how you feel?

What are some of the repetitive thoughts that you keep having? How helpful are they for you? How are those thoughts making you feel? Is this how you want to feel? How would you like to feel instead?

## Questions to help recognise strengths and identify how to move towards a more helpful way of being.

What have you achieved this week/yesterday/today?

How have you been kind to yourself? What more could you do?

How could you turn this situation around?

What/who could help you?

What, that's within your gift to do, would have the biggest impact for you?

If you changed your belief about (X) what would be possible?

You're still doing what you're doing, what's enabling you to do that?

What could you do to make a small improvement to your current situation?

What is the best thing you can do in this situation?