

# ***FEELINGS***

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- How are you feeling overall?
- What are you feeling about X?
- What is making you feel that way?

# ***FUTURE***

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- What would you like to happen?
- What is one of two things you could do?
- What could change for you if you solve/manage this?
- What/how would you like to feel?
- Who will you ask/approach you for support with this?
- What has to change to resolve this?
- Who else would you like to be involved?
- Move to final step of facts.
- What needs to happen now/next?

# ***FACTS***

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- Let's explore what's actually going on right now. What specifically is happening around X?
- What are the challenges with X?
- What support do you have to resolve or manage X?
- What have you done so far?
- What haven't you been able to do?
- What has got in your way? (what internal things and what external things?)
- Who else is involved?

***FUTURE***

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***FACTS***

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***FEELINGS***

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