



The Language of Self Evaluation

The use of **reflective questions** is a very powerful self-evaluation technique to help people develop more responsibility for their behaviours.

USE	DON'T USE
Ask	Tell
Question	Direct
Inquire	Command

Try some of these reflective questions:

“Is this getting you what you want?”

“Is this moving you forwards or backwards?”

“Are you going to let this situation hold you back?”

“Is what you are doing going to help you to be happier in the long run? Is there a better choice?”

“What could you do to improve the situation?”

“If you keep doing what you are doing will the situation get better or worse?”

“If you continue on your current path what is likely to happen?”

“Would you like the opportunity to try that again with a better outcome?”

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