

# Open-Ended Questions

## Open-ended question starters:

- Tell me about ...
- What are your questions about ...
- What do you think about ...
- What have you heard about ...
- Could you give me an example ...
- In what ways ...

## Some examples of open-ended questions related to change:

- How would you like things to be different?
- What would you like your life to be like three months from now? One year from now? Five years from now?
- If you could make this change today by magic, how might things be better for you?
- If you could change one thing about (behavior), what would it be?
- What impact does (behavior) have on you?
- How would (possible change) look for you?
- What are some of the reasons (possible change) is important to you?
- How has (behavior) stopped you from doing what you want in your life?
- How would your life be different if (possible change)?
- What do you think will happen if you don't change anything?
- What worries you most about (possible change)?
- What are the tough things about trying to change (behavior)?
- If you could do it over again, what would you do differently?
- How might others be seeing you in this situation?
- What do you think could work for you, if you decided to change?
- What makes it tough to fit (behavior) in your current daily routine?
- What other options could there be, if nothing stood in your way?
- What makes you think that if you decided to change, you could do it?
- What personal strengths do you have that will help you succeed?
- What could you do to improve the situation?
- What would you be willing to try?
- What might you be overlooking?
- If you had your choice, what would you do next?
- What can you do this week to start the process?