

# TGROW: Useful Questions

## Topic

“What would you like to focus on today?”

“What would be helpful to get from this conversation?”

## Goal

“What’s your goal? / What do you want to achieve?”

“What do you mean by \_\_\_\_\_?”

“What will be different when you’ve achieved this?”

“What’s important to you about this?”

## Reality

“What’s the current situation?”

“How do you feel about it?”

“What’s in the way? / What will you need to face?”

## Options

“What could you do?” and “What else?”

“What would you advise someone else in this situation?”

“What would someone who knows you well advise you to do?”

## What Next?

“What will you do after today?” “By when?”

“Who do you need to tell to help this happen?”