

Turn Questions into Reflections

Take these as questions that you want to ask, but you are not allowed to actually ask the question – it has to be turned into a strategic reflection. Think about what you are trying to get to with the question, and reframe it as a thought the person may be having.

1. Don't you want to make a decision that will be best for your quality of life?

2. Do you like the way your life is heading?

3. Are you worried about people knowing about your mental health issues?

4. Is this something you are willing to try?

5. Do you understand there are things that can help you with your memory?

6. Can you see how this is best for your mother at this point?

7. Why don't you just look at some of the support options that are out there?

8. What are you concerned with at this point?

9. Aren't you worried about the consequences for your father if you leave him at home?

10. Wouldn't you feel better if you knew you were safe every night?
