

Turn Questions into Empathy

1. What got in the way of you doing the homework between sessions?

2. What do you think will happen if you keep doing things the same way?

3. Can you help me understand more about what concerns you have with that idea?

4. When you picture what you want for your child long-term, what does that look like?

5. What is stopping you from attending your appointments if you say therapy is important to you?

6. Can you think of anything that's worked before that we can try again?

7. What's stopping you from talking about what happened?

8. Is there anything you're willing to try to make this better?

9. What message do you think your child gets when they see you using technology or substances while they're being asked not to?

10. What does being in control mean to you right now?
