

# Shift Questions into Empathy

1. Why don't you just talk with your PO and get this cleared up?

---

---

2. Did you have time to make those calls we talked about?

---

---

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

---

---

4. Don't you get tired of fighting with your mom?

---

---

5. Can you see you're putting yourself at risk if you stay in this relationship, like it's destroying your life?

---

---

6. Do you really think handling conflict this way is going to get you what you want?

---

---

7. How do you plan to stay clean if don't want to get treatment?

---

---

8. Why is it so hard to just follow through on what you agreed to?

---

---

9. Don't you realize that we are just trying to help you?

---

---

10. Have you thought about how this is going to play out with your education?

---

---