

DENNIS SALEEBEY'S FIVE TYPES OF QUESTIONS TO ASSESS STRENGTHS

Survival Questions

- How have you managed to survive (or thrive) thus far, given all the challenges you have had to contend with?
- How have you been able to rise to the challenges put before you?
- What was your mind-set as you faced these difficulties?
- What have you learned about yourself and your world during your struggles?
- Which of these difficulties have given you special strength, insight, or skill?
- What are the special qualities on which you can rely?

Support Questions

- What people have given you special understanding, support, and guidance?
- Who are the special people on whom you can depend?
- What is it that these people give you that is exceptional?
- How did you find them or how did they come to you?
- What did they respond to in you?
- What associations, organizations, or groups have been especially helpful to you in the past?

Exception Questions

- When things were going well in life, what was different?
- In the past, when you felt that your life was better, more interesting, or more stable, what about your world, your relationships, your thinking was special or different?
- What parts of your world and your being would you like to recapture, reinvent, or relive?
- What moments or incidents in your life have given you special understanding, resilience, and guidance?

Possibility Questions

- What now do you want out of life?
- What are your hopes, visions, and aspirations?
- How far along are you toward achieving these?
- What people or personal qualities are helping you move in these directions?
- What do you like to do?
- What are your special talents and abilities?
- What fantasies and dreams have given you special hope and guidance?
- How can I help you achieve your goals or recover those special abilities and times that you have had in the past?

Esteem Questions

- When people say good things about you, what are they likely to say?
- What is it about your life, yourself, and your accomplishments that give you real pride?
- How will you know when things are going well in your life—what will you be doing, who will you be with, how will you be feeling, thinking, and acting?
- What gives you genuine pleasure in life?
- When was it that you began to believe that you might achieve some of the things you wanted in life?
- What people, events, and ideas were involved?

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