

Active listening skills:

Interpret emotion

empathy statements

reflective listening

body language interpretation

Examples of open ended questions:

Tell me more about...

What happened since the last time we met?

What do you mean by...?

What do you think would happen if...?

Describe that more for me

When you're describing that what are your feelings?

Questions regarding identity:

How would you describe yourself?

What are the pieces of your identity? Cultural, familial, spiritual, personality, political?

What are your strengths? Abilities?

Values Evaluation:

What do you value?

What is important in your life?

What are you passionate about?

What are you thankful for?