

Samples of Open-Ended Questions by Students

## Open-Ended Questions Lead to Exploration

Tell me a little more about yourself

Where are you at with making this change?

How are you and your friend?

What have you done to cope with these feelings?

How do you feel about that happening?

If you could write a book about your life, what would you focus on the most about your life?

Are there any changes going on in your life?

What makes you feel good?

Was there something in your day today that attributed to you being tired and can you tell me about it?

How sure are you?

On a scale of 1-10 where are you at?

What will deter you from making this change?

How would you feel emotionally if you left versus staying?

I hear you saying that you're not repeating what you did before. Can you tell me about what's better or different?

How much better is your life with all these changes that are coming up?

What made you nervous?

What contributed to this nervousness?

Where are you with this decision?

What is it that would need to change to help you make the decision?

What are the pros and cons of this decision?

What are the factors?

What is it about fall and winter that make you feel the way you do?

What could be contributing to this lack of energy?

What have you done to cope with these feelings?

How are you weighing out your options?

Why do you think you lose interest around these seasons?

What type of changes are taking place?

Even though you wanted this change, and it's here, why are you not happy?

Where are you as far as making this change?

What would need to change that would help...?

How realistic is this change?

Is there a time period you would stay or is all depending on how well it goes?

What makes you feel bad about what you said or did?

How have you dealt with this in the past whether good/bad?

Why were you feeling so tired?

Was there something that you did?

Where do you find yourself as far as making this change?

What is it that would need to change?

Is there something else besides your students here that make you feel torn about going to Brazil, If this is something you really want to do?

How does your family feel about you going to Brazil?

You are telling me that you don't have any energy, and at the same time you are excited about the new changes in your life; Can you please explain, tell me more?

What made you feel nervous even after you practiced?

What would have to change in order for you to make the right decision?

If you already have a plan for when you leave for Brazil what is the real reason you are scared to leave?

What makes it so hard for you to accept the change?

What exactly would help you accept the change and believe you deserve the best?

What will make you feel better?

What would help you make the change?

So you feel better when you're doing what?

What are the pros and cons of trying to make the changes that you may make?

What makes you feel sad?

Where do you see yourself in two years?

How are you feeling now?

What kinds of things can help you settle down?

Was there something in your day today that made you nervous?

Where do you like to ride your bike?

What kind of other ideas have you come up with about your ride to work?

What are some of the things you do after a long day to help you unwind?

What are some of your passions regarding your dreams?

Tell me about how important going to Brazil is for you?

What are some of the things that would keep you here now?

How do those measure up to how you want it to go?

Can you tell me about some of the things that make it complex?

What do you feel deep down in your heart about these dilemmas, or options?

What are some of your hobbies, and do you participate in them at this time?

What are some of the things you have done to recharge in the past?

What are some of the things you can do that will help you organize and recharge at the same time?

What are the things you can control?

What are some of the things you think of that mean balance to you?

What are some of the things you do that make you feel in balance?

Are there other things you would like to write about?

How does that make you feel?

What could you do to make it better?

What is it that would need to change to help you make the decision?

I hear you saying that you feel like you're overly strict with your daughter, what could you do to make that different?

How do all these decisions make you feel?

What do you think will happen if you make this change?

I hear you say you want to help your parents but what are you going to do to help yourself?

Weighing your options, what do you think will be the outcome and how will that affect you?

Is there a certain situation or example of this type of problem?

If you could change some of the things in your life what would that be?

How do you feel about making changes in your life at this time?

How would this change be an enhancement in your life?

What do you think about the changes that you are deciding to make in your life?

In what ways do you feel listening to your children more can help your relationship with them?

What causes you to feel you're always in the middle of your family arguments?

What do your children do that causes you to feel they resist you or your advice?

What has happened that caused you to feel you have to give your family the silent treatment to get their attention?

How do you feel you could begin to set boundaries?

How could you practice these boundaries and begin to apply them?

Why do you think you place others needs before your own?

How do you feel about graduating?

What are your goals after graduating from LBCC?

What could you do to divide your time equally amongst your children?

What activities do you and your children enjoy doing together?

What can you do about your frustrations?

What steps can you take to avoid the frustrations?

On a scale of 1-10, how frustrated are you?



What do you do to deal with your pain?

What was the reason for moving?

How do you feel about your new situation?

What steps can you take to not continue to allow your thoughts to hinder you?

What thoughts make you happy?

What is your relationship like with your mom and brother?

Tell me more about your daughter

How would your daughter feel about you moving?

What effects if any does this procrastination have on your life?

What do you plan to do different now?

What do you think you could do that would make a difference?

How did it feel when you made your list?

What would you have done differently?

Have you made any changes that will lead to a better outcome?

What do you fear most about him/her leaving?

What do you think a good solution would be?

Are you planning on moving out anytime soon?

How did your husband react when he found out?

What is the nature of the relationship with your mother?

How do you feel about your current area of study?

What have you learned from this?

How has having children changed your life?

How do you feel drowned in your scenario today?

If you could change anything in your life, what would you change and why?

Do you feel any progress in our sessions and why you think it is helping?

Do you feel your childhood has any impact on your decisions you make today and why?

So I hear you saying that you don't feel like you are a mother, what is it that makes you feel that way?

What do think you could do to change the way you feel about being a mother?

How do you think feeling like this will affect the relationship you have with your son?

What do you think you could do to improve your current situation, where you would feel like you are providing for your son?

Could you describe what you feel being a mother is, and where do you fit in to that picture?

I heard you say that you still feel like a teenager and want to feel as if you have no responsibilities. Describe what you think that life would be like if you had not had your son?

You appear to be a resilient young woman, how do you think you could apply that strength to build a life for you and your son?

What do you feel is hindering you from being the mom that you envision being?

If there was a change that you could make toward your current feelings, what would it be and why?

What do you think that you could have done differently to avoid the possibility of something like that happening again?

How do you feel about your decision?

Presently speaking, what are you now doing for yourself?

What do you believe you need to do in order to deal with the circumstances?

How do you think you are effecting the people around you?

Can you think back and remember the precursor of your current behavior? If so, what was it?

How does their attitude towards you make you feel?

Tell me what's happened in our life since we last met

How do you feel about being assertive?

What do you feel about your new methods on standing strong and not backing down?

Because of your new perspective on this issue, are there any fears or any apprehensions about your decisions? If so, what?

Where are you emotionally with all of this?

Was there any changes in your mood or state because of this new assertiveness-positiveness? if so, what?

What do you believe will be the outcome?

Where do you see yourself going in the next 6 months?

How do you deal with your problem?

What made you go back to that situation?

What are you doing to make you better?

How did you feel when you made that change?

I heard you saying that your family was happier. How did that make you feel?

What made you change?

How did you feel about overcoming your fear?

Where do you see yourself in five years

What are your goals, or do you have any

Where are you with confidence?

What kind of relationship do you have with your mother

How was your childhood

Are there any changes going on in your life right now

What makes you feel good?

Who were you close with growing up

How do you feel about the result of your posting in  
Craigslist?

What would you do to bring that motivation back?

What would you do to balance your work and school  
to reduce your stress?

In the scale of 1-10, how would you rate your stress  
level?

How would you explain to your husband that you  
need to return his gift to you without hurting his  
feelings?

Tell me something about being a freeman or being single?

What would you do to make your family talk to you again?

What would be the reasons why they have to judge you that way?

How would you change your family perception and feelings about you?

You are referring to your job as a male dominant environment, how do you deal with the feeling about being a woman (minority)?

How do you think you can get in a closer relationship with your supervisor to make him acknowledge your work?

You mention this class is not of your interest, what would make it more interesting and appealing to you?

You mention that speeding is a way to release your stress, but what if you lose your driving privileges due to speeding? How would you cope with stress then?

As a grandmother how does it feel to know your grandchild is being threatened at school?

What is the real reason that you are trying to be busy all the time?

You mention many times you feel guilty when you find yourself with free time, what is it that makes it guilt instead of loneliness?

You are already divorce, so what is it that prevents you from moving on with your life?

In particular what is it that you are still holding to?

What is it that you are doing for “you” to overcome your sadness?

How did you go about solving that problem?

What have you considered areas of growth in communicating with others?

What feedback have you had from your in-laws?

What do you feel contributed to you wanting to return the gifts to your husband?

Have you thought of any other options? If so, what would they be?

How did you decide to make that choice?

What would you do differently next time?



What do you feel contributed to your lack of motivation with school this semester?

What kind of challenges are you facing with school?

What changes could you make in order to get more sleep?

What steps are you going to take to stay on a positive track in the future?

What impact could having your license revoked have on your life?

How could you change your schedule to allow more time for studying?

How would you prefer the situation to have been handled?

How have your feelings about the situation changed since your initial gut reaction yesterday?

What methods do you currently use to calm your self talk and in what ways are they not working for you?

Where do you think your guilt about being still stems from?

What impact has this had on your life as a whole?

What would it take for you to be more engaged by the subject matter?

What are some of the consequences you had to endure, due to you speeding?

When you're speeding, how would your family feel if you hurt yourself? Or someone else?

What do you think you can do differently, so you can have sufficient rest, during a school week?

What you are saying is, you love speeding and you received tickets already, you have your own money to pay them, so you feel it's ok. What will you do when your license end up getting suspended or revoked due to too many points/infractions?

How could you build a better relationship, with you and your daughter?

I hear that you are lonely, what do you think you can do to eliminate some of the extra time you have.

If you had the chance to do it over again, what would you do, and how would you do it?

Well I see you have accomplished a lot while on your journey by yourself. What would take for you to say, "Job well done?"

When you are having these negative feelings, what are some of the emotions you are feeling? How do you deal with them?

Why do u feel you get bored easily in class?

What do you think you can do next time before class to prepare you so you won't get bored in class?

How do you feel you can prevent yourself from getting anymore speeding tickets?

Now that you've started the semester what are your thoughts on how many units you're taking?

What are your goals now that you've started school and got your classes situated?

How do you think you can prevent yourself from arguing with your sister constantly?

Tell me more about your experience in that town you visited?

What else do you like about your new job?

How do you feel your best friend had an impact on your decision to make a positive change In your life?

What do you honestly think would have happened in your life if you did not make that big change?

How do you feel your life will be affected after the loss of those family members?

How do you think you can regain the drive and motivation you had when you began school?

What do you think you learned about those ungrateful family members?

How do you feel your husband will feel about you returning the gifts he bought for you?

How did you celebrate after learning you were approved for your new home?

How do you feel about sharing your feelings with your mother-in-law?

Is there something that you want to share with your husband but feel you can't? If so, what?

Tell me where you see your relationship in the next 6 months?

What did you learn about yourself after this incident?  
10. What have you been doing to stay positive?

What makes you hesitant to contact people on Craig's List?

What resources are available on campus for help with algebra?

What are the things that you can do to make your family feel better so you can move on and not be concerned about that incident?

What other gifts that doesn't involve money can you suggest to be given to you since you feel uncomfortable receiving expensive gifts?

What are the things that you value most?

How concerned are you with your alcohol problem?

What are the advantages if you stop smoking?

What is an event that made you proud of yourself?

What are the disadvantages to you if you keep using drugs?

What are the things that made your son happy?

How can you better your communication skills with your family?

What can you do to help decrease your stress?

What can you do to try to stay humble?

What is the root of the problem?

What can you do to help resolve a minor incident you had with your family member?

How can you tell your husband to stop buying expensive gifts for you, without hurting his feelings or offending him?

What does it mean to be a free man?

How would it make you feel if you quit smoking and had extra money?

How do you deal with change in your life?

How can you find a way to better communicate with your daughter/kids?

How would you approach your teacher next time?

What are you doing to release the stress you feel for having too much to do?

Why is that you feel excluded from the rest of the staff?

How are you planning to accomplish your dreams?  
What steps are you already taking?

How are you dealing with the rupture with your

boyfriend? That still hurt you?

What plans you have for the your future?

How are you dealing with your loneliness?

What makes you experience anxiety?

What area of your life has improved the most, since you began to make changes?

How is going to school benefiting you?

Give me an example of help/listening skills from this class.

What made you want to begin therapy?

How is your level of anxiety on a scale of 1-10? Why?

What qualities make you a good listener?

What do you fear the most about leaving him/her?

What steps are you taking to help with your anxiety?

What did this new person do different from your instructor that make you drive confidently?

How do you feel now that you are getting bad grades at school?

How do you feel not being the high achiever that you were before at school?

What do you think you can do to manage all your responsibilities?

Do you think the decision on continuing with this loaded schedule will affect you in the near future not only with grades, but also with your health?

Tell me about your relationship with your parents?

Why are you feeling alone?

How do you plan to achieve that?  
What do you suggest for dinner?

How do you think counseling will help you?

What are the most successful things have you accomplished?

Tell about your childhood?

What was your high school experience like?

What would you do better today versus the past?

What was your favorite moment from your childhood?



Tell me a little more about yourself.

Where are you at making this change?

How are your friend?

How do you feel about making this decision?

What have you done to cope with theses feelings?

What convinced you that you needed to make this change?

How does your family feel about you making this decision?

How are you feeling now?

On a scale of 1-10 where are you?

What are you going to do if you get that opportunity?

How do you feel after you've heard his story?

What do u plan to do about you being late for work?

What have you done to try and get to work on time?

Tell how to you think drinking effects your abality to get up in the morning?

What things have you done to curb your drinking?

Can you tell me what other areas of your life is affected by your drinking?

Tell me about your normal patterns of drinking

How do you think drinking affects your marriage?

What will you do if you lose your job for being late so much?

How will you explain to your children why you lost your job?

What other concerns do you have about your drinking?

What health problems do you face because of your drinking?

What other plans have you made about your employment in the future?

What adjustments are you willing to make to solve your lateness problem?

What do you believe is leading you to feel this way?

What steps are you, or have you taken towards helping yourself feel better?

How, or in what ways would this affect your future?

Why do you believe this is so?

What do you like or dislike about \_\_\_\_\_ (a person, place, feeling, etc...)?

What do you feel holds you back from accomplishing your goals?

If you could do anything right now, (take any kind of action for example), what would you do?

What do you consider to be positives and negatives regarding \_\_\_\_\_?  
(ex: your situation, your addiction, family, having kids, marriage, etc...)

What makes \_\_\_\_\_ a matter of importance (or opposite) for you?

Where in your life would you like to be at right now?

What classes did you take?

Can you tell me more about school?

What kind of contributions have you made toward being a better student?

How would you use one million dollar to help the homeless.

Have you given in thought about the direction the economy going in, explain?

How do you think running a marathon will benefit the community?

Are you ready to become a parent, and if so why?

What are some things you done to contribute to your education.

Imagine it is the end of the world? What would do to better prepare.

What does being intelligent mean to you?

If you go to the mountains without chains, what do you think will happen next time?

How were you able to get on the Dean's list every year?

What do you like about where you live?

How do feel about drugs?

What could you tell me about your family?

What do you like about drugs?

How do deal with anger?

What is on your mind?

How can you improve your health?

How do you feel about your relationships?

How have you overcome problems in the past?

What kinds of things do you do for exercise?

What do you like about this class?

What makes you like gambling so much?

What classes interest you?

What do you enjoy about smoking?

What are some important things that you value?

How is heroine affecting your life?

How do you feel about living in abandoned houses?

What are your plans for the immediate future?

What would you like to talk about today?

How are you feeling today?

What steps could you make in order to make this change?

How do you feel when you participate in this behavior?

When did you decide to change?

What obstacles could get in your way to change?

What is your ideal outcome for you?

What has stop you from changing in the past?

What is your time frame for change?

What emotions do you feel while making this change?

What is the first step you plan on taking?

Where are you in making this change?

What things in life are most Important to you?

What are some positives that come out of drinking?

How are you and your family?

What are some things you value in life?

What else would you like to share?

Where did you grow up?

What are some of the reasons you want to stop smoking.

How confident do you feel that you can make this

change?

What makes you happy?

What is it about \_\_\_\_\_ that makes it hard to quite?

How do you feel about the changes that's happening to your body?

What are some major factors in your life that you are happy with?

How do you deal with everyday life and negative things around you?

Can you tell me more about your life and what's happening know?

What would it take for you to go to treatment?  
Are you aware that there are consequences about your actions?

What are some major factors in your life that keep you motivated?