

Collaborative Exploration in Action

Your role is to guide the discussion with the following questions and statements:

Begin with a repair: “Last time we talked, I think I jumped ahead of you with my own ideas. I wonder if we could start again. I’d really like to hear your thoughts and think together”

- What do you think is causing this?
- What have you tried?
- What has worked, even a little?
- What has not worked?
- What are the views of other people who are important to you?
- What would you like to see change?
- How ready do you feel to start or is it just helpful to talk about it?
- What first small steps might you take?
- What would it feel like for you to try these new ways?