

# Open questions *to ask whilst listening*

"What do you want to happen?"

"What would you like to talk about?"

"What is on your mind?"

"How are you doing?"

"How are things?"

"What can I help you with today?"

"You mentioned *[this]* - can you tell me a bit more about that?"

"What would be the best outcome for you?"

"How did you feel when that happened? How about now?"

"How did that impact you?"

"How have things been since...?"

"Why do you think that is?"

"What kinds of things have helped you in the past, when you've felt like this?"

"Are there things we could do to help you?"

"What sort of support do you think you need?"

"What would make that easier for you?"

"What would your ideal situation be?"

"What can we do that would be most helpful for you today?"

"Take your time and just tell me what's on your mind."

"Don't worry about making sense, just say it as it comes to you."

"Can you expand a little more?"

"What do you think about your *[course, accommodation, housemates etc]*?"

"You don't seem your usual self. Is something wrong?"

"You seem worried. Do you want to talk about it?"

"Tell me a bit more about how you came to *[that decision, that conclusion, face that problem etc]*"

"How else could we look at this?"

"How can you keep yourself safe tonight?"

"Who can you ring if you need support?"

"Where should we go from here?"