

Good Questions

A reminder of some questions that can be useful in person centred planning.



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February 2006

Good questions:

Person centred planning relies on the art of asking good questions. This list is intended to act as a reminder of the types of question that you will hear the course facilitators using. On the whole we have phrased them with the intention that they are asked of the focus person, but most can also be rephrased and addressed to the person's friends, family and allies.

About identity, passions, capacities, interests, status, gifts

Tell me about yourself.

Who is [name]?

What good things would people who like you say about you?

What negative reputations do you have? What do your enemies say about you? Where in your life is there conflict? How can we view the part of you that leads to these things in a positive manner? [This question is only asked in the search for positive gifts.]

What simple and positive words would capture the important parts of your personality that people respond to in this way?

When do you come alive / feel alive / have your face light up?

What do you do effortlessly?

From the words that we've written about your identity, skills, interests, capacities... can you identify elements that we should emphasise to illustrate what makes you who you are?

Can we see that in other parts of your life?

Can you tell us a favourite story about...?

If you were to have a perfect day, what would it look like?

Can you tell us about a time you had a really good day?

What are you passionate about?

What hobbies do you have?

What skills do you have? What are you good at?

What are you interested in?

What do you know about?

What skills, passions, interests, knowledge, hobbies, jobs and material possessions do people you know have or have access to?

Tell me about something that makes you smile.

Where have you come from? Tell me some significant stories from the past.

Could you tell me just a simple or irrelevant story from the past? [A useful question if someone seems reluctant to talk, because a story that seems irrelevant and simple to them may tell everyone else a great deal, and may act as a starting point into more complicated material.]

About the future

What would your dream for your future life be?

Imagine that it's now [future date]...what has happened...?

If you had a magic wand / were a magician / had three wishes, what would you do?

What colour would that be? In the image you are imagining what colour is it?

What does it smell like? What would that feel like? What can you hear? What can you see?

What can you see if you close your eyes?

Imagine that you could completely re-design... without worrying about...

Imagine you are on another planet / in another country where things are done differently...

Tell me a story from that time. Make up a story from that future time.

What would your nightmare for your future look like?

About capturing the image, ideas, links, relationships

How would you like me to draw that?

Would you like to draw that yourself?

Have I drawn that correctly?

Where would you like us to draw/write that?

Should we draw/write that beside anything else?

Is that linked to anything else we've drawn/written?

About working out how well services support someone

What things in your life are you respected for?

How much of your time do you spend in ordinary settings, doing ordinary things, and how much in settings determined by a diagnosis / label / condition / categorisation?

What do you have control over? What is controlled by other people?

About problem solving and action planning

Does anyone know anyone who might know someone who...?

What do you need to be in place in the background to enable you to....?

Lets brainstorm as many ideas as possible that we can think of about

Which of these ideas do you think we could work with?

Who'll do that? When? Does someone need to check you've done it? Does someone need to remind you about that?

Does anyone have any good ideas about...?

Can anyone think of a way that ...?

What is a first step, however small, that you could commit to carrying out within the next 24 hours?

Other

Can you tell us a story that illustrates that point?

Who is important to you?

Who was important to you in the past?