

Specific Confession Increases Healing

1. What did I do or not do? (*"I acted out" is not a specific confession.*)
2. What day did it happen?
3. What time did it happen?
4. Where did it happen?
5. What happened before that? (*This can help identify triggers.*)
6. Did I follow my plan?
7. Do I need to change my plan?

Open Ended Question Encourage Ownership Without Fixing

1. How much sobriety/abstinence/recovery do you have according to your definition?
2. Have you broken any boundaries since we talked last?
3. Have you followed your goals since we talked last?
4. What happened right before _____ ? (*This can help identify triggers.*)
5. How did that make you feel?
6. What will you do different next time _____ ?
7. Do you need to make any changes to your plan?
8. How many times do you need to do _____ ?
9. Is there a date you need to do _____ ?
10. Is that doable? measurable?
11. Are you willing to commit to that?

Giving Advice Tends to Be Unsafe and Controlling

1. You should _____ .
2. What I do is _____ .
3. Some people do _____ .
4. This pastor/counsellor/grandma/book/web page says to _____ .
5. This Bible verse says _____ .
6. Have you tried _____ ?