Encouraging Reflection

**Raise Alternatives**
If you had your choice, what would you do?
What if you do... what if you don't?

**Perspective Taking**
What do you think is best?
How do you think X sees this?
What are other ways to look at this?

**Encourage Description**
Can you tell me about it?
What does this remind you of?
How is this different from other experiences you have had?

**Total Picture**
What have you tried so far?
What led up to this?
When does this usually happen?

**Encourage Exploration**
Why do you suppose people do things like that?
How would you handle a problem like that?

**Identify Issues**
What do you consider the most troublesome part?
Why do you think this bothers you?

**Use of Information**
How do you think you could find out more?
What do you need to know before you decide?

**Encourage Planning**
Where do you go from here?
What are some other possible options?
What are your next steps?