



## REFLECTION QUESTIONS

- What do you know for certain?
- What would a 'Good' outcome look like?
- What actions can you take to make this situation better?
- How can you help (the 'attacker')?
- Would you rather be 'Right' or Happy?
- What should we be doing to help?
- How committed are you?
- What did you do to help?
- What could you do next to add value?
- Are you using your opinion to move the idea forward or to stop the action?
- What would add more value right now, your opinion or your action?
- Then what did you try to find a solution?
- What story are you telling yourself right now?
- What are the facts you are ignoring?
- What is your goal in this situation?
- What has been your approach?
- What would you like to do over in this situation?
- What are you committing to going forward?
- Are you spending more time justifying your opinion or solving the situation?