



Asking Open-Ended Questions

SEVEN PRINCIPLES BOOK: P. 60 – 62

AN OPEN-ENDED QUESTION is one that can't be answered with a quick "yes" or "no."

Instead, it invites your partner to open up and share his or her experiences, opinions, and emotions in depth.

Asking an open-ended question shows genuine interest in your partner's life and inner world.

Over time, you can go through all the questions; it can be entertaining and enlightening!

Instructions:

At right is a list of open-ended questions.

There is space for you to record your answers at the end of this exercise if you wish.

1. Each of you choose four questions to ask your partner.
2. Take turns being the **Speaker** and the **Listener**.
3. After your partner answers your question, follow up with an additional question of your own that prompts them to expand on their original answer.
4. Now it's your partner's turn to ask you an open-ended question from the list below.
5. Continue to alternate.
6. You don't have to limit yourselves to only four questions each!

The Questions:

1. How would you like your life to be different three years from now?
2. How do you see your work changing in the future?
3. What is your opinion of our physical home? Would you make changes if you could?
4. How do you think your life would have been different if you lived 100 years ago?
5. How would you compare yourself as a mother (father) to your own mother (father)?
6. What kind of person do you think our child(ren) will become? Any fears? Any hopes?
7. How are you feeling about your job these days?
8. If you could redo a five-year period of your life, which would you choose?
9. How are you feeling right now about being a parent?
10. If you could change one thing in your past, what would it be?
11. What is the most exciting thing happening in your life right now?
12. If you could instantly possess three new skills, which would you choose?
13. When it comes to the future, what do you worry about most?
14. Who do you consider your best friends or closest allies? Has that list changed recently?
15. What qualities do you value most highly in friends right now?
16. What were the best and worst things that happened to you when you were a teen?
17. If you could live during any other time in history, when would you choose and why?
18. If you could choose a different career or vocation, what would it be and why?
19. What is the one thing you would most like to change about your personality? Why?
20. What do you feel is missing from your life?
21. How have you changed in the last year?
22. If you could design the perfect home for us, what would it be like?
23. If you could live another person's life, whose would you choose?
24. What are some of your life dreams now?
25. What are your goals for us as a family?
26. What goals do you have just for yourself right now?
27. If you could change one thing about yourself, what would it be?
28. What were the high and low points of the past year for you?
29. What adventures would you like to have in your life right now?

**more
than just
YES or NO**