



Questions that Hinder, Questions that Heal

by Michele Lisenbury Christensen

Questions we ask ourselves thousands of times each day guide our thought, energy, and emotion. Our inner and outer circumstances are shaped by these questions.

What questions hinder us?

Some of the talk that goes on all day long in our heads limits our connection to ourselves, our link with awareness of Spirit, and our achievement of our goals.

Questions clients and workshop participants frequently share:

Why did I do that?

When will I get it right?

What's the matter with me?

What's the matter with them?

Why can't I have what they have?

Why is it always so hard?

Why can't I change?

When will this (good thing) fall apart on me?

When will the other shoe drop?

What's the catch?

Why won't they give me what I want?

How will I ever get ahead?

What questions hinder me?

... in my relationships?

... spiritually?

... in my career?

... financially?

Calling the (Rhetorical) Question

In Robert's Rules of Order, the guide for parliamentary procedure for meetings, the term "calling the question" means asking for a vote on the topic at hand. When we "call our questions," we're yanking them out of the rhetorical realm and into the stark light of day. When you find your inner gremlin asking you rhetorical questions it intends to stop you, call the question. Don't LET it be rhetorical - answer it! The answer may set you free to move forward!

A prudent question is one-half of wisdom.

- Sir Francis Bacon

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Some of the most powerful questions:

What's working already?	What do I value enough sacrifice my limitations?
What's great about this?	What would I do if I knew I could not fail?
What could be even better?	What have I come to this world to teach?
What do I really, really, really want?	What are my gifts?
What's holding me back?	For what am I most grateful right now?
What am I putting up with?	What would I love to be grateful for?
What am I waiting for?	What is on its way to me now?
How can I effortlessly add value or serve?	How can I inspire myself and others right now?
Who do I love? How does that feel?	What is my body telling me?
Who loves me? How does that feel?	How can I change this situation for the better?
Where is my energy leaking or being stolen?	What are my dreams telling me?
What will I be remembered for?	What is life asking me to do differently?
How could this be more fun?	How could this be more beneficial, more profitable?
What effect will this have in 500 years?	Who can help me with this?
Is it true?	How do I know that?
	What are the big questions, the real questions?

**You can tell whether a man is clever by his answers.
You can tell whether a man is wise by his questions.**

- Naguib Mafouz, Nobel Prizewinner

Suggested Reading for Healing Questions:

Stand Up For Your Life by Cheryl Richardson

Creating Your Future by Dave Ellis

Following Through by Steve Levinson and Pete Grieder

Loving What Is by Byron Katie

My most powerful questions:

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My questions-in-a-pinch:

Questions I'll give as gifts:

Questions to start the day my way:

Questions to end the day with peace:

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