

Coaching Questions Around Emotions

1. Interest: How could you find out more about what is driving you in this case?
2. Passion: What makes you plunge into this? What energy is feeding you? What goal are you seeing?
3. Conviction: What are you willing to do to keep/or change the status quo?
4. Compassion: How much sympathy do you have for yourself (or the other)?
5. Enjoyment: What about this do you really appreciate? What allows you to relax with this? What have you already achieved?
6. Anxiety: What do you need to learn more about? What are you not seeing? What will increase your ability to cope? What lies beyond this? Is there more than one emotion? Are they possibly juxtaposed?
7. Shame: What are you trying to hide?
8. Distress: What do you need to get back? What was lost? Do you need to compensate for its loss? Can you allow yourself to consolidate gains?
9. Guilt: What do you need to reconnect with?
10. Envy: What resources do I need for myself and maybe others?
11. Confusion: How do I experience this nebulous state? Is it relaxing and soothing? If so, explore. Is it frightening? If so, what is the fear it is pointing to?
12. Apathy: What am I trying to avoid?
13. Sadness: What must be reset into a flowing state? Imagine this emotion like a lubricant: Which emotions are stuck and need a "shot of sadness" to become fluid again?
14. Contempt: What is exceeding my normal level of experiencing life? How high is my "meter"? Is it in the red zone? What does the red zone represent? Name the feeling.
15. Contentment: Explore how you were able to integrate your true values.
16. Joy: How deep is my connection? To others? To The Whole? To all of me?