



Meet your mind, change your world.

Appendix of Follow-up Questions

Follow-up questions are used to deepen your understanding of what the client's answers really mean. Below are categories of answers you might receive and examples of follow-up questions you can use in those instances. Use the examples below until you develop your own style.

Age

- **ATP:** What is significant or important about this age?
- **ATP:** What happened at this age?
- **ATP:** What decision did you make at this time?
- **ATP:** Did we form any beliefs about ourselves, people, or life as a result of what happened?

Decision

- **ATP:** How did you act on that decision?
- **ATP:** What is the benefit of this decision?
- **ATP:** Did this decision work – was it successful?
- **ATP:** If no, how did you handle it?

Strategies

- **ATP:** Do you believe this strategy is effective?
- **ATP:** What triggers you to do this strategy?
- **ATP:** In what way are you trying to benefit me by doing this?
- **ATP:** How exactly do you do this?
- **ATP:** How/where did you learn to do this?

- **ATP:** _____ (name the strategy) how?
- **ATP:** Are you aware of any negative consequences of doing this?
- **ATP:** What is the benefit of doing this?

Beliefs

- **ATP:** How/where did you learn this?
- **ATP:** Did you agree with this belief?
- **ATP:** If no, how did you cope with believing this?
- **ATP:** How did this belief affect you back then?
- **ATP:** What does that mean to you?
- **ATP:** How does that affect you?

Feelings

- **ATP:** What triggers this feeling?
- **ATP:** _____ (name the feeling) how?
- **ATP:** How did you handle feeling that way?
- **ATP:** What do you do/how do you act when you feel this way?
- **ATP:** What does feeling this way mean to you?
- **ATP:** Feeling this way, how does that affect you?
- **ATP:** Did we form any beliefs about ourselves, people, or life as a result of how we felt?

Memory/Story

- **ATP:** How did that moment in time/experience affect you?
- **ATP:** Did you make any decision at that time? If so, what was it?
- **ATP:** What is the significance of this moment in time?
- **ATP:** How did you cope with the situation?
- **ATP:** How did you handle the situation?
- **ATP:** What did it mean to you that _____ (description of something that happened)?
- **ATP:** What did you believe about _____ (aspect of the memory)?
- **ATP:** How did this make you feel?

- **ATP:** Did we form any beliefs about ourselves, people, or life as a result of what happened?
- **ATP:** Tell me what happened.

Image

- **ATP:** What does that image represent/mean to you?
- **ATP:** What are you trying to communicate through that image?
- **ATP:** Are there feelings connected to this image?
- **ATP:** What is the significance of this image?
- **ATP:** If that image could speak, what would it say?

Clarification of a word/phrase

- **ATP:** _____ (word/phrase) how?
- **ATP:** What does that mean to you?
- **ATP:** How did this affect our lives?
- **ATP:** How does _____ make us feel?
- **ATP:** _____ (word/phrase) in what way?
- **ATP:** From whom/what did you _____?
- **ATP:** How/from whom did you learn how to do this?