

Open vs. Closed Questions



Get to Know - Exercise

- Pair up with someone you don't know well. Have a conversation with them – any topic – get to know them.
- Use a combination of open & closed questions in your conversation – notice the difference in the information you get.
- Make sure to ask them about their background with MC and what they hope to get out of this course.
- Make notes – you will be introducing them!

Questioning Others - Summary

- **Open-ended questions** require more thought
 - How did you feel? How did that moment affect you?
- **Closed questions** narrow down the answers
 - Did that experience make you afraid?
 - Did you decide to never again get to know strangers?
- **Open ended** – use these **MOST** of the time
 - Allows you to see life through the lens of your client
- **Closed questions** – use if you want a specific piece of info
 - Used **INFREQUENTLY**
 - We are investigating the perspective of the other or of ourselves
 - we need to be **OPEN** to the content of the Mind