



Sacred Depths Certification

Question Categories & Sample Question Sequences

Providing building blocks to help you craft a powerful breakthrough question in the moment it is needed

1) 'AM I GETTING THAT RIGHT?' QUESTIONS

When to Use: After you've reflected back to a client or created awareness by mirroring.

Examples:

- I'm hearing X, am I getting that right?
- It sounds like you're saying Y. Did I hear that correctly?
- As you were speaking, I could almost sense that Z. Am I getting that right?

(Opportunity to create awareness - how you state what you're hearing; you can insert some of your own perceptions and view of the situation and see if it resonates.)

2) DEFINITION QUESTIONS

When to Use:

You may think you know what the client means when they use a certain term to say a certain concept, but don't make assumption. You may actually be working with a different definition than them, so it's important to ask. Also, it's so powerful for the client to define something for yourself. Examples: Freedom, Family, Romantic Relationship, Success, Balance. It's a way of helping to connect the dots.

Examples:

- What does X mean to you?
- Define "Y"
- Explain "Z" a little more --Tell me more about . . .
- How is X different than Y? (Ex.: How is space in your schedule different than space in your mind or body? Or how is self-trust different than self-confidence? How is service different from servitude?)

3) CLARIFYING CURRENT SITUATION QUESTIONS

When to Use: To gather more details on current situation both for you as coach as well as to create more awareness and understanding for client. Only go as far as the details you need and be mindful not to ask to satisfy your own curiosity; it must be in service of the client.

Examples:

- What exactly did she say during the team meeting?
- When you say no one signed up . . . Was there interest? An enrollment conversation?
- How did that date go badly?
- Tell me a little bit more about . . .
- What are you overlooking?
- What was your intention when you cancelled that doctor's appointment?

4) VISIONING QUESTIONS (Not "big" vision like our upcoming Vision & Strategizing Module)

When to Use:

- a. Something needs to change
- b. Something needs to be shifted or adapted
- c. An issue needs to be resolved and seen in a different way
- d. There is a new creative idea, projective or incentive ready to emerge that needs support
- e. Client is ready for expansion

If your client is feeling like everything is wrong in a particular area of their life, visioning questions can help put things into perspective.

Examples:

- What would it look like if . . . you owned your own business, you had a child, you were pain-free, you found your perfect home?
- If you could change 1 thing about X, what would it be?
- If you could have this any way you want, how would you have it?
- What would the best possible outcome look like here?
- What would an ideal X look like? (Examples: Relationship? Wedding? Program launch? Schedule? Job? Team?)
- What would you like to have happen here?
- Share with me the details, round out this picture . . .
- What do you see when you step out of the box?
- Where does the Universe want you to stretch next?
- What else wants to happen here? What else wants to be painted into the picture?

5) FEELING QUESTIONS *(Activates the Body or Heart Level of Learning)*

When to Use:

- a. After a series of Intellectual Awarenesses/Mental Level Learning
- b. When you sense client needs to connect deeper than the Mental Level of Learning
- c. When you sense there is not an emotional resonance with what you are discussing

Examples:

- How would that feel?
- How do you feel in your body right now? Or, how do you feel in your body as you describe that [the situation or circumstance]?
- What does your heart tell you about this?
- What energy do you associate that with?
- What do you notice about the tone of your voice?
- What's the feeling underneath that [the confusion, worry or anxiety]?
(There is usually an emotion or feeling UNDERNEATH the stated feeling, particularly for confusion, worry or anxiety; in general, fear or anger or grief lay beneath those)
- What is an image or metaphor that reflects X situation?
(also powerful for the coach to provide a metaphor or image- "It reminds me of a racehorse waiting at the gate . . .")
- What would feel exciting here? (or Joyful or Inspiring . . . Whatever is a value of the client)
- What would help you feel happy?

6) MOTIVATION QUESTIONS *(Connects client to their big WHY. When your client is aware of their true motivation, it's easier for them to move forward.)*

When to Use: When you sense your client needs motivation, or a bigger reason, a mission, or inspiration in order to move forward. These questions help a client connect more deeply to their motivation to do something and are related to the Spirit Level of Learning.

Examples:

- Why?
- What's your deep why?
- Why is that so important to you?
- What about that excites you?
- You can continue to ask WHY? 3-4 times and get deeper and deeper
- What value does this experience have for you?
- Why might Spirit be inviting you into this project?
- What is your higher wisdom telling you about this situation?

7) PERCENTAGE OR NUMBER QUESTIONING

When to Use:

- a. When a client needs support distinguishing story from reality;
- b. when a client is unclear about their “Truth”;
- c. when a client is confused about something in their life. Use after they have shared something that seems misaligned to you or confused.

Examples:

- On a scale of 1-10, how true is that statement?
- What percentage of your friends are actually not thinking about your best interest?
- On a scale of 1-10, how much do you actually want to apply for that job?

8) UNCOVERING THE OBSTACLE QUESTIONS

When to Use: When your client has an obstacle and they can't see it. Or, they're having trouble doing something they want to do.

Examples:

- What's standing in your way?
- What's challenging here?
- What are you scared of?
- What's at risk for you?
- Pretend you know the answer. What would it be?

9) INSIGHT INTO THE OBSTACLE QUESTIONS

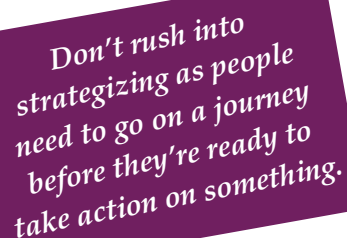
When to Use: These are a good place to go after you've uncovered the obstacle; this starts to poke holes in the obstacle.

Examples:

- Why are you so attached to this particular obstacle/fear?
- What would be possible for you if you were to let go of this fear?
- How has this obstacle impacted other areas of your life?
- When did this obstacle come into being?

10) STRATEGIZING QUESTIONS

When to Use: Usually closer to the end of the session.



Don't rush into strategizing as people need to go on a journey before they're ready to take action on something.

Examples:

- What would you like to do differently?
- What can you change about this immediately?
- What are 3 action steps you can take this week to . . .
- How do you plan to achieve that?
- If you were to move past this obstacle, what would you do, no matter what?
- What new belief would you like to step into? What would be the next step around that?

11) GETTING SUPPORT QUESTIONS

When to Use: When a client is overwhelmed or taking on too much.

Examples:

- Who can help you with this?
- If you knew they'd say 'Yes', who would you ask for help?
- What can you delegate?
- What requests can you make?

12) SIMPLIFYING QUESTIONS

When to Use: When a client is overwhelmed, taking on too much, or unhappy with a current situation. Helps the client simplify or prioritize what needs to stay and what needs to go.
(Can also be used on the Full Moon if you are tracking lunar cycles.)

Examples:

- What can you say 'No' to starting today?
- What are you tolerating?
- What can you simplify?
- What's no longer serving?
- What's no longer aligned?
- What's the priority?

13) INTEGRATION QUESTIONS

When to Use: After a lot of awareness has been created, or different strands/threads/ideas have come to the surface, or at end of session.

Examples:

- What are you seeing for yourself here?
- What's important about this?
- What's the bigger picture with all of these threads that we've been looking at?
- What are you learning?
- What's your takeaway?
- What's the wisdom that's coming forward here?

14) YES/NO QUESTIONS

When to Use: Very sparingly; they will be most powerful if only used seldomly, and in moments when a client is on the verge of making a serious commitment or decision.

Examples:

- Are you done with staying up so late?
- Are you ready to commit to blueprinting every day?
- Are you willing to let go of your relationship?
- Will you continue to complain every day?
- Are you finished allowing yourself to be a doormat?

15) INTERRUPTION QUESTIONS

When to Use: When a client has been talking too much and not getting to the point or distracting themselves with details or unimportant threads.

Examples:

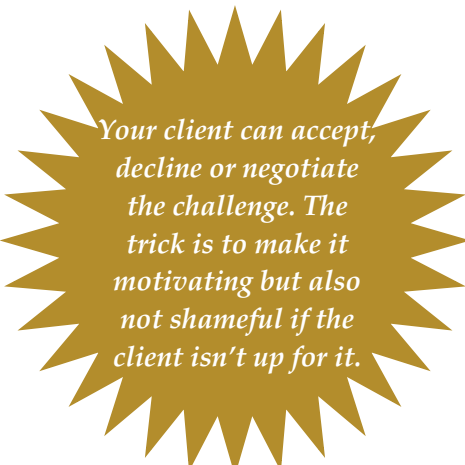
- What is the essence of what you're saying?
- What feels most important about all you're sharing?
- I sense you're beating around the bush. What are you avoiding here?

16) CHALLENGE QUESTIONS

When to Use: These aren't exactly questions, more like invitations. Use in moments when a client is ready to stretch beyond their perceived limitations in a serious way. These questions lovingly push a client beyond what they think is possible. It involves measurable action.

Examples:

- I challenge you to generate 3 sales calls this week. How does that land for you?
- I challenge you to stop complaining for a full week. What do you think?
- I challenge you to reduce your expenses this month.
- I sense that's too easy for you. How can you go further?



Your client can accept, decline or negotiate the challenge. The trick is to make it motivating but also not shameful if the client isn't up for it.

17) INTENTION SETTING QUESTIONS

When to Use: When a client is ready to make a new commitment, inner or outer.
(Can also be used on the New Moon if you are tracking lunar cycles.)

Examples:

- What intention would you like to set?
- What will your focus for this month be?
- What is the new energy you're bringing in?

18) CONFRONTATIONAL QUESTIONS *(Bold & Fierce Questions)*

When to Use: These are questions that help clients jump over blocks by being slightly confrontational with them . . . and loving at the same time. It's important to make sure the client is in the right place before you ask Confrontational Questions.

Examples:

- What if what you just shared was actually not true at all?
- I feel like I want to call BS on what you just said. What do you think?
- Is it possible your relationship is wrong for you?
- How have you been clinging on to this relationship to keep you safe?

19) ENCOURAGING QUESTIONS

When to Use: When a client is thinking about stretching herself, but needs extra encouragement, assurance, and motivation.

Examples:

- What do you need to say 'Yes' to creating an online dating profile?
- It feels like you're almost there. What do we need to adjust – inner or outer – so you feel ready to create an online dating profile?

20) ASSESSMENT QUESTIONS

When to Use: When a project or initiative has either come to an end, or come to a turning point, or come to an obstacle.

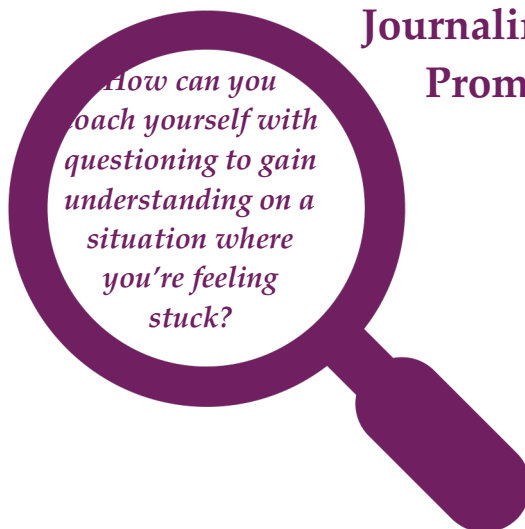
Examples:

- What's working?
- What are your resources and strengths in the project/situation?
- What's not working about the situation? Why?
- What can you learn from the situation?

Journaling Prompts *(from class)*

- Of all these types of questions, which feels the easiest for you?
- Which of these categories are you most excited about leaning into?
- Which of these categories don't resonate as much with you? Or feels too hard?
- What questions do you have – inner or outer – on any of the categories?

Additional Journaling Prompt



Sample Question Sequences

1) REFLECT THE TRUTH + ASK A QUESTION

- You don't have to be a Victim here. You have a choice. What would you like to do?
- The most effective ways of expanding your community are networking, JV projects, speaking and ads. Which feels aligned for you over the next 6 months?
- The longer you continue to cling onto this belief, the longer you will suffer. What would help you to let this belief go?

2) AWARENESS + INSIGHT + ACTION = RESULTS

- What's standing in your way here?
- What would be possible if you were to let go of this fear?
- What action can you take around this?

3) MIND + HEART + SPIRIT + ACTION

- What do you know you want in a relationship?
- How does it feel to not have that relationship right now?
- What does your Inner Wisdom want you to know about this? What's one thing you can do this week to support that inner wisdom?

4) PERCENTAGE OR NUMBERING QUESTION, followed by 'WHAT WOULD IT TAKE?' QUESTIONS

- On a scale of 1-10, how ready are you to apply to graduate school? (Client answers '7'.)
- What would it take to get you from 7 to 10 (or 9)?



Deeper Dive Practice

Choose one of the sequencing strategizing to practice in your partner coaching session or with a client. Don't force it but be intentional to look for the opportunity to practice.

Reflection

