

# Collaborative Questions

One of the most difficult things in relationships is to find ways to support one another without ‘SAC’ing your relationship which means: making **S**uggestions, offering **A**dvice, or giving **C**riticism. You might be asking yourself, “Well, what’s left?” The answer: “Ask a question instead of making a statement.” This is sometimes challenging, but it’s vital to learn the skill of asking questions in all our relationships. Remember, this isn’t about an inquisition or asking specifics like “What did you do?” Instead, it’s about asking questions to prompt a “feeling” conversation (*as opposed to a “content” conversation*).

When you’re stuck, try asking one of these:

- Can you tell me more about X?
- Can I help you with anything?
- Is there anything you need right now?
- Is there one thing I could do right now?
- How can I support you in this?
- What’s one thing we could do to get through this?
- What do you think our next move should be?
- If you could have anything right now, what would it be?
- What should we try first?
- If you could ask me to do anything for you right now, what would it be?
- If you could ask me to say anything right now, what would you like to hear?
- If I said the perfect thing right now to help you feel differently, what would it be?
- What else would be helpful that I could do?
- What else would be helpful that you could do?
- What else can you do in this situation?
- How are you feeling?
- How did you feel when X happened?
- How did you feel when Y said that?
- Is there anything I can do for you?

It can sometimes feel “artificial” to try this method in the beginning but stick to it, and it’ll become a natural way of communicating effectively.

