

TOOL

Exploring Beliefs Framework



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Exploring Beliefs Framework

Exploring client beliefs occurs in three steps—cultivating curiosity, activating possibility, and creating new stories. This chart provides possible facilitative and directive questions you can ask a client during each step of exploring a belief.

Step	Facilitative Questions to Ask	Directive Questions to Ask
Cultivate Curiosity	<ul style="list-style-type: none"> • What’s the story you’re telling? • Is it empowering or disempowering? • Does it help or harm you or others? • How does this story make you feel? • How could you release some of the emotions attached to this story? • What’s possible if you tell this story? • Is this story true? How do you know if it’s true? 	<ul style="list-style-type: none"> • It sounds like you’re telling a victim story. Does that resonate for you? • If you tell a victim story, what’s possible in this situation? • I’m hearing a lot of grief and anger in what you’re sharing. Would you be willing to feel those feelings so you can release them? • You’re harming yourself with this story you’re telling. Are you consciously choosing this?
Activate Possibility	<ul style="list-style-type: none"> • What would be possible if you abandoned this story? • Who would you be without the story? • How would you feel without the story? 	<ul style="list-style-type: none"> • I know you’re committed to living into your values. Are you able to do that if you hold this story? • If you hold this story, are you able to meet the needs of every child, every day? • Are you willing to tell a different story?
Create New Stories	<ul style="list-style-type: none"> • What’s another story you could tell? • How would that story make you feel? • What might be possible if you told that story? 	<ul style="list-style-type: none"> • What would it feel like to tell the story that you can meet the needs of your students? • What would it be like to tell a story in which you have agency? • What would it take for you to be willing to tell the story that you can be successful in this role?

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