

## Storytelling Therapy: Some questions one could ask a client

Do you feel blocked or trapped in your current life circumstances?  
If yes, please explain.

What might you need to do to get un-blocked, or free from a trap?

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What are some positive transformations that have occurred in your life so far?

What transformations do you want to happen in your life?

How might these transformation occur?

What steps could you take to help make these transformations occur?

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Regarding your current Personal life and/or Professional life --

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A) What are you happy with?

What do you want to continue, build upon, and increase?

How might you plan to do so?

B) What are you unhappy with?

What might you like to change?

How might you plan to do so?

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A) Are there ways your life -- and the story of your life -- are going well,  
and as planned? If yes, please explain.

B) Are there ways your life -- and the story of your life -- are not going well,  
or as planned? If yes, please explain.

In what ways might you want to change your life, and the story of your life?

How might you make these changes? What steps might be needed?

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In order to live happily ever after, or  
in order *to be on track* to live happily ever after --

What do you need to do?

Where do you need to go?