



ASK BETTER QUESTIONS

It has been said, the quality of your life is equal to the quality of the questions you habitually ask yourself. Our magnificent brains are designed to search for an answer when presented with a question. Not just once, but every time.

QUALITY OF QUESTIONS

Some questions are just purely a question. Other questions make a statement at the same time that they present a question. Here are some examples of questions that are purely questions:

1. Why isn't this working?
2. Is there a way that I could set the sprinklers in the yard, to get better coverage?
3. What is the phone number for Pizza Hut?

Here are some examples of questions that also make statements:

1. Why is the weather so nasty?
2. Why is my coworker being so nice to me today?
3. Why was my spouse so mean to me this morning?
4. Why am I so dense?

As you look at these four questions, can you see the statements that are made in each one? In question 1, the statement is 'the weather is so nasty.' Below write the statements made in questions 2 through 4:

2. _____
3. _____
4. _____

Were you able to pick out the statements? Check the bottom of page 3 to see how well you did with identifying statements made in each question.

The questions that are going to impact your emotional and mental state the most, are the questions that contain statements about you. When is a person most likely to ask questions containing negative statements about themselves? Well, typically this happens when something doesn't go right. Let's look at the following situation and explore 2 different types of questions.

Let's say you had not paid attention to the gas gage and ran out of gas on the way to work. Here are some questions you may ask yourself:

1. Why am I so irresponsible?
2. How could I be so stupid?
3. How dumb is my boss going to think I am?
4. Who might be available to help me?
5. How could I prevent this from happening again?
6. Will my boss be understanding of my irresponsible behavior?

Can you see how questions 1 through 3 attack your character (i.e. I am irresponsible; I am stupid; I am dumb)? These questions don't help solve anything and make you feel bad about yourself. Questions 4 and 5 help to find solutions to the current situation and prevent it from happening again in the future. Question 6 makes a statement about behavior. Our behavior is not who we are but how we have acted. Question 6 does not attack character, but makes a statement that your behavior was irresponsible. We all make poor decisions from time to time, but it does not mean we are bad people.

It is in the conscious mind that questions are asked and answered. When similar questions are asked and answered repeatedly, the conscious mind begins to reprogram your subconscious mind. The subconscious mind accepts the habitual answers provided from the conscious mind and over time starts believing these answers to be the truth. Regardless of the situation, asking better questions will help to improve your mental and emotional state, and your overall attitude. You will be amazed at how powerful questions can be in your life. Successful people ask positive empowering questions.

POSITIVE QUESTIONS

Read through the follow samples of positive questions. Highlight questions that you would like to start using to talk to yourself.

Positive questions when things don't go as planned:

1. What can I do to make this situation better?
2. How can I fix this situation?
3. What can I do to prevent this from happening again?
4. Are all individuals, who were affected by this situation, still alive with limbs intact?
5. What can I learn from this?

Positive questions to support your self-improvement efforts:

1. What ways am I deserving of good self-care?
2. How am I going to feel better as a result of improved self-care?
3. What am I going to gain from taking good care of myself?
4. What do I need to do to gain more enjoyment for life?
5. How do I want to improve self-care?
6. What must I do today to take good care of myself?

Positive questions to support positive attitude:

1. What good things could I experience today?
2. What am I happy about in my life?
3. What am I excited about in my life?
4. What am I thankful for in my life?
5. What do I enjoy in my life?
6. What people enrich my life?
7. Who's lives do I enrich?
8. What good things happened today?

If you are a person who is in the habit of asking questions that naturally produce negative answers, it will take a conscious effort and determination to train your brain to start asking positive questions. That is, questions that naturally produce positive answers. The good news is that your efforts and determination will produce benefits. Positive questions can give you an inner strength and help set you up for success. Over time, this special type of self-talk will have a positive impact on your mental, emotional, and physical health.

Statements Contained Within the Questions on Page 1
<ol style="list-style-type: none">2. My coworker is being so nice to me today.3. My spouse was so mean to me this morning.4. I am I so dense.