

Reflection Questions

- When you've overcome challenges in the past, how has that made you feel?
- How do you think making changes will affect your family life today and in the future?
- What do you think you could do more of that would help the children stay safe?
- What do you think might be the benefit of involving friends and family in helping you cope in difficult times?



MINIATURE BOOK OF

APPRECIATIVE INQUIRY

Based on a design by Hishikawa, A., Okana, N., Ashkaga, Y & Nakao, S.
– Signs+, Japan

Appreciative Inquiry helps us to:

- Develop good listening skills by bringing in an appreciative angle
- Focus on what's working and what's better - reinforcing strengths & successes (and highlighting possibilities) within family networks
- Gain a deeper understanding of others, develop mutual respect and promote collaboration
- Talk about things which are not easy to bring up (for example, harm & worries)

Use the **EARS questioning approach** to:

Elicit

Begin by asking specifically about what or when things have worked well, drawing out successes

Amplify

Ask them to expand on whatever is working, what has improved and what happened then

Reflect

Recognise whatever strength/resource was used to achieve progress

Start Over

Drawing out more examples of strengths & successes helps to emphasise that achieving their goals is possible

What do you think would help you take that small step?
What do you think your family / friends thought of you when you managed to do that?
Did anyone help you on those occasions? If so, how did they help?

When was the last time you had a good day?
What was happening then?
How often does this happen?
What were you most proud of or pleased with, when that happened?
What do you think may have helped you cope with the situation on that occasion?

Amplifying Questions

What do you think helps you bounce back?
overcome them?
have been difficult, but you've managed to
Can you tell me about a time when things that would improve the situation for you?
Can you think of one small manageable step
What does a good day look like for you?
What are you most proud of in your life?
What would your family and friends say you were good at?
Can you think of one thing that may help improve your health / wellbeing?

Eliciting Questions