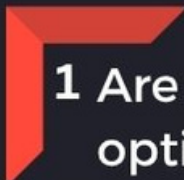


4 SIMPLE — QUESTIONS



1 Are you sure about what option is best for you?

2 Do you have enough information about your options?



4 SIMPLE QUESTIONS

UNTHINK JOURNEY

3 Are you clear about what benefits and risks matter most to you?

4 Do you have the support you need to make a decision?



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Companion Workbook: The Power of 4 Simple Questions

Purpose

This workbook is designed to be used while listening to the audio training 'The Power of 4 Simple Questions.' It will help counsellors reflect, capture insights, and practice applying the four questions in real client conversations.

1. Listening Prompts

As you listen, pause after each section and jot down:

- What did I hear that was new or surprising?
- How could this apply in my next client conversation?
- What felt challenging or uncomfortable to practice?

2. The Four Questions

Question 1: _____

Notes: _____

Question 2: _____

Notes: _____

Question 3: _____

Notes: _____

Question 4: _____

Notes: _____

3. Reflection & Application

A. Case Example Practice

Choose a past or hypothetical client scenario. Reflect on:

- Which of the 4 questions feels easiest to ask?
- Which feels hardest? Why?
- How might the client respond?

B. Personal Coaching Style

- How do these questions fit with my current approach?
- What will I commit to trying in my next counselling session?

4. Quick Tips While Using the 4 Questions

- Ask with curiosity, not pressure.

- Give silence after asking—let the client think.
- Listen for both content (what they say) and process (how they say it).
- Use follow-up probes only if the client seems ready to go deeper.

5. Notes
