

50 Questions for the nature based coach

Opening questions

1. What do you feel when looking at this image (or still life)?
2. What do you notice?
3. What are the limits of the image/still life?
4. What does this say about how you deal with your own boundaries?

Perception questions

5. Is there a reason for you to put it in this place or in this manner?
6. Can you say something about...
7. I notice that... what does this say about you? About your situation?
8. Does... also have any meaning?
9. Does the environment play a role?
10. What does... mean to you?
11. Do you recognize this in your daily life?
12. What does that do to you?
13. What do you think about this?
14. How does that make you feel?
15. What do you notice when you look at it from a different perspective?
16. Is there a message in this?
17. What does this do to you?

Concretizing questions

18. Can you share an example?
19. What would you be doing?
20. How would that manifest itself in your daily life?
21. What is the effect of your actions?

22. Can you explain it more specifically?
23. What is different/more.../less...
24. Can you recall a recent moment when this became visible?
25. What do you see happening regarding the situation you just shared?
26. What does that do to you?
27. What might you do with that?

Questions that help to feel

28. What does it do to you?
29. What is happening to you right now?
30. How does that make you feel?
31. What feelings are awakened?
32. Which emotion does this touch?
33. Can you feel other emotions?
34. Where can you feel this in your body?
35. In which way do you feel it? Can you give a description?
36. Can you acknowledge that this emotion is arising?
37. How is it, to say this out loud?

Looking at what change does

38. Is the image/still life in balance?
39. Would you like do something differently?
40. Could you do something differently?
41. Do you have any ideas about this?
42. Does something need to be removed/added?
43. What does it stand for?
44. What does it do to you?
45. How do you translate this action to reality?
46. What is needed to be able to apply this in reality?
47. Who or what can help you with this?
48. How will you shape this into reality?
49. What could be a pitfall here?
50. How can you prevent that?