

THE TRANSFORMATIONAL INTERVIEW

1. What would you like to talk about?
2. What is happening for *you* in this?
3. Why is this important to *you*?
4. I understand that the other people involved here may have their issues to deal with, but what do you think is really going on for you at a deeper level?
5. Is there a way in which this is an opportunity for transformation for you?
6. What are your feelings in this situation? Anger? Sadness? Fear? Joy?
7. Where do you feel that in your body?
8. Can you feel that feeling just as energy?
9. Could that energy assist you to bring what you have to bring to this?
10. What would you like to have happen in this for you?
11. What would it mean to you if that really happened?
12. And why is that important to *you*?
13. What would be different?
14. What do you long for, personally, in this situation?
15. What are the values you are upholding in this situation? (What is important to you in this?)
16. Looking at this from the standpoint of your values, how do you think you are handling this?
17. Are there any negative messages you are getting personally about yourself from this situation?
18. Is there anything about this that you've seen before in your life?
19. When was the first time anything like this happened in your experience?
20. Is there anything from your prior experience that is playing out in what is happening now?
21. How do you feel about that? Angry? Sad? Fearful? Joyful?
22. What quality of spirit from you would let the most creative thing happen in this?
23. Can you tell me your name for that quality of spirit?
24. Can you tell me more about what it means to bring that quality of spirit into the world?
25. Are there factors that have stopped you from bringing that quality in the past?
26. So might be at risk for you to bring that quality of spirit fully now?
27. Can you take that risk in a way that works? What might be good or bad about taking that risk?
28. Have there been times in your life when you have brought that quality of spirit yourself?
29. Who wouldn't be surprised to hear that you have the capacity to do that?
30. What do they know about you?
31. What kind of support would help you to bring that quality of spirit that you want to bring?
32. Are there people in your life who have given you that kind of support, or who could give it to you now? Who?
33. Do you think you are really ready to bring that quality of spirit *fully* into this?
34. Can you love yourself as you handle this?
35. Are there any practical steps you could take to let what you want to have happen do so?
36. What might be at risk for you to take those steps?
37. Can you take that risk in a way that works? Is that a good risk for you to take?
38. How might taking that risk affect you; how might it influence your life?
39. The next time we talk, can we check in on the steps you want to take?

