

## Examples of useful questions

### Experiencing

- What is going on?
- Would you be willing to try?
- Would you say more about that?

### Sharing

- What went on or what happened?
- How did you feel about that?
- Who else had the same experience?

### Interpreting

- How did you account for that?
- What does that mean to you?
- How do those fit together?

### Generalizing

- What did you learn or relearn?
- How does this relate to other experiences?
- What do you associate with that?

### Applying

- How could you apply or transfer that?
- What would you like to do with that?
- How could you make it better?

### Processing the entire experience

- How was this for you?
- What were the pluses/minuses
- If you had to do it over again, what would you do?

My favourite guiding questions:

**What? So What? Now What?**