

Questions That Empower!



A question empowers, an answer dis-empowers. Asking questions creates a shift in the energy of any moment. Asking a question will change the energy from the limitations you are creating with confusion, worry, and frustration to allow possible solutions to show up; creative ones that can be life changing. You will find that many possibilities you wouldn't have thought up on your own will begin to come forth. The key to asking questions is to allow the possibilities to show up without you trying to figure it all out. This is the part that becomes easy. You can now stop analyzing, comparing and forcing a decision.

Whew! That's a load off! Yes we do way too much thinking instead of allowing and letting the natural flow to happen.

What kinds of questions do you ask? This does matter. In order to receive we aren't going to be using "why" questions but rather questions that open us up to possibility and change. When asking "why" we are really going back and trying to figure it all out, thinking that if we can understand it we can change it. How has that worked for you in the past?

Here are some examples of questions that empower:

- ◆ What is this?
- ◆ What do I know about this?
- ◆ Can I change this? If so how?
- ◆ What else is possible here?
- ◆ What is right about (my family, my child, me, this situation) that I am not getting?
- ◆ What is right about (my family, my child, me, this situation) that I am not willing to acknowledge?
- ◆ What can I receive from this (person, situation,) that I haven't been willing to receive?
- ◆ What am I making wrong about this?
- ◆ How can I be in more allowance of (me, this situation, this person)?

- ◆ What choice am I refusing to choose that if I would choose it would give me more ease, more possibility, more awareness, more joy and more choice?
- ◆ What is the value of holding onto (my worry, frustration, confusion, anger, shame, guilt, fear)?
- ◆ What am I resisting here?
- ◆ What question can I ask?
- ◆ What contribution can I be and receive (from this person, from myself)?
- ◆ What would it take for parenting to create more ease and joy in my life than I could ever possibly imagine?
- ◆ How does it get any better than this?
- ◆ How can I be of any assistance?
- If you did know, what would you know?
- Do you have any ideas about how this can work out? (Kids like to be of help to you when you ask. You can let them figure out what would work for them.)

Open yourself to receive any awareness that comes from asking a question. Keep in mind that the awareness may not come in the same moment, hour or day that you ask. It will come when you are ready and open to receiving it.

Notice what happens when you go to asking a question when you are in the midst of confusion, frustration, anger, and discomfort.

Contact Mary Dravis-Parrish for one-on-one sessions or group classes.

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