

# The Art of Mindful Inquiry



1. "What I heard you say was...."
2. "Tell me more about what you meant by..."
3. "What angered you about what happened?"
4. "What hurt you about what happened?"
5. "What's familiar about what happened?"  
**(How did that affect you?**  
**How does it affect you now?)**
6. "What do you need/want?"