

X-ray Questions – David Powlison:

- What am I preoccupied with? What's the first thing on my mind in the morning and the last thing at night?
- How would I complete the statement: "If only _____, then I would be happy, fulfilled, and secure"?
- What do I want to preserve or avoid?
- Where do I put my trust?
- What do I fear?
- When a certain desire is not met, do I feel frustration, anxiety, resentment, bitterness, anger, or depression?
- Is there something I desire so much that I am willing to disappoint or hurt others in order to have it?

What does God want you to see? – Paul Tripp

What was going on?

- First, you want them to see that circumstances did not force them to do what they did.
- Second, you want to understand the details of their world in order to speak truth into it.

What were you thinking and feeling as it was going on?

- This question takes their eyes off what happened to them and asks them to examine their hearts.

What did you do in response?

- You help others see the connection between their interpretation of their circumstances and their response.

Why did you do it? What were you seeking to accomplish?

- Helps them understand their motive - the heart is always serving something.
- "Human life is one big treasure hunt", Paul David Tripp.

What was the result?

- Reveals consequences, but even more important, the way these consequences are a direct result of the thoughts and motives of the heart.

Two critical mindsets:

- Harvest mentality - the seeds we plant are what comes up
- Investment mentality - our lives are shaped by the treasure in which we invest.

They need to "own" their harvest and the return on their investments!

Application: have people identify two or three situations or relationships that are a regular source of struggle. Have them journal about those struggles using the five questions. Then take it and read it. Next time you meet, return the journal and ask them to read it in your presence and respond.

5 types of counseling questions:

What? basic, general info

How? Reveals the way things were done

Why? purposes, desires, goals

How often? and **Where?** reveals patterns and themes

When? order of events

4 questions to ask ourselves:

1. **What does this person need to see (about himself, God, others, truth, life, change, etc) that he does not see, and how can I help him see it?**
2. **What does God want the person to admit and confess?**
3. **To what new ways of living is God calling this person?**
4. **How should these new commitments be applied to daily living?**