

## Reflection Questions

- When you've overcome challenges in the past, how has that made you feel?
- How do you think making changes will affect your family life today and in the future?
- What do you think you could do more of that would help the children stay safe?
- What do you think might be the benefit of involving friends and family in helping you cope in difficult times?



## MINIATURE BOOK OF

# APPRECIATIVE INQUIRY

Based on a design by Hishikawa,A., Okana,N., Ashkaga,Y & Nakao, S.  
— Signs+, Japan

## Amplifying Questions

- When was the last time you had a good day?
- What was happening then?
- How often does this happen?
- What were you most proud of or pleased with, when that happened?
- What do you think may have helped you cope with the situation on that occasion?
- Did anyone help you on those occasions? If so, how did they help?

## Eliciting Questions

- What does a good day look like for you?
- What are you most proud of in your life?
- What would your family and friends say you were good at?
- Can you think of one thing that may help improve your health / well-being?
- Can you think of one thing that may help overcome them?
- Can you tell me about a time when things have been difficult, but you've managed to

## Appreciative Inquiry helps us to:

- Develop good listening skills by bringing in an appreciative angle
- Focus on what's working and what's better - reinforcing strengths & successes (and highlighting possibilities) within family networks
- Gain a deeper understanding of others, develop mutual respect and promote collaboration
- Talk about things which are not easy to bring up (for example, harm & worries)

## Use the *EARS questioning approach* to:

### Elicit

Begin by asking specifically about what or when things have worked well, drawing out successes

### Amplify

Ask them to expand on whatever is working, what has improved and what happened then

### Reflect

Recognise whatever strength/resource was used to achieve progress

### Start Over

Drawing out more examples of strengths & successes helps to emphasise that achieving their goals is possible