

## TLP Five-Minute Read Over Coffee – Reflection on clean questions

💡 Asking clean questions to your kids and at work!

➡ I can ask very particular questions to my little son at the end of his creche day. Something like - did you have a good day? Did you have lots of fun today? Did you play with lots of your friends?

➡ All of these questions are preloaded with my view of the world! I am very anxious that my son has a good time in Creche. So I bias the question towards the positive. My son is just starting to grapple with identifying and describing emotions - and the danger here for me is that I delegitimize him feeling 'sad' or 'angry' in creche.

💡 This tendency plays out in every aspect of our working lives as well. We can add so much of our way of seeing the world into how we construct questions.

➡ 'Are you having a good week?' an innocent but leading question!

I was inspired by the work of David Grove on producing 'clean questions'. These questions reflect both a recognition of the impact words have on your audience and a curiosity to ask questions that are generous and curious to what the person in front of you is really experiencing.

➡ They are deceptively simple but we often just don't ask questions this way.

### **Example 1:**

Question: How are you?

Speaker: I am struggling this week.

Question: 'Struggling', in what way'?

The essence of a clean question is to build on the language of the speaker - and encourage them to go deeper.

→ So that is my challenge to myself both with my son and at work!  
Promoting clean questions that avoid my habit of promoting an ultra-positive Toby agenda!!

---