

Figure 4.3: Reflection Tool to Examine How You Ask Questions

Directions: Use this tool to keep track of the questions you ask over the next week, with the goal of having more questions on the positive-intent side of the figure.

The following are some questions to ask yourself throughout the week when reflecting on where your language resides.

- How often am I using language that presumes positive intent of another?
- How many times am I catching myself, stopping, and restating my language?
- How am I doing?
- At what point did I notice I was asking a positive-intent question without even thinking about it beforehand?
- How will I celebrate?

Questions That Presumed Positive Intent of Another Person	Questions That Could Have Presented a Lack of Belief in Another Person