



# Masterful Questions



## Frictors Affecting Masterful Questions – Fear Checklist

Use the scale to access the intensity of the frictor. Circle 1 if the statement feels not true for you and 5 if it feels very true.

### Fear Frictor – “I’m afraid and What If?”

What If the person I’m supposed to be asking questions doesn’t use them at all and the session is pointless?	1 2 3 4 5
What If they perceive me as annoying, attacking for asking?	1 2 3 4 5
What If they think I’m not supportive?	1 2 3 4 5
What If I get it wrong?	1 2 3 4 5
What If I upset someone?	1 2 3 4 5
What If I get too personal and they leave?	1 2 3 4 5
What If I look weak?	1 2 3 4 5
What If I piss them off?	1 2 3 4 5
What If I hurt them with my questions?	1 2 3 4 5
What If I’m creating more problems by asking?	1 2 3 4 5
What If they challenge my questions back?	1 2 3 4 5
What If they think I’m being too nosy?	1 2 3 4 5
I’m afraid I’ll find out something I didn’t want to know	1 2 3 4 5
I’m afraid they won’t like me if I ask a question too personal	1 2 3 4 5
I’m afraid I’ll be judged for asking anything	1 2 3 4 5
I’m afraid I’ll be yelled at for asking	1 2 3 4 5
I’m afraid I’m not good enough to do it right	1 2 3 4 5
I’m afraid they’ll get mad at me again for asking	1 2 3 4 5
I’m afraid I’ll waste time because I’m asking too many	1 2 3 4 5
I’m afraid I’ll feel the same shame I felt when I got told “what are you asking so many questions for?”	1 2 3 4 5
I’m afraid the questions I ask them will get me fired	1 2 3 4 5