

Appreciative Questions for Families

Discovery - Appreciate What Is

What do you most enjoy or respect in your son/daughter?

When you first met, what impressed you most about your spouse?

What shared values do you see in the family?

As you grew as a family, what was there about your spouse (or son, daughter) that you completely enjoyed?

What are you pleased to know about yourself that you learned from facing the tough times in life?

In what ways has the family relationship pushed you to grow as a person?

What are the most important things that your family contributes to your life?

In what ways does your family help each other's achievement?

What was your most triumphant moment as a family?

In what ways have you grown through adversity?

Dream - Image What Could Be

Describe the kind of family relationship that you would most like to have?

What are your dreams about your family?

What would you most like your husband (or son or daughter) to value about you?

What trait or behavior do you see in your mother (father) that you most want to include in your own life?

When your friends or relatives talk about your family, what things would it thrill you to have them say?

What song, movie or play reflects the relationship that you would most like to have with your family?

How would you most want your daughter/son to be able to describe you as parents?

How would you most want your parents to be able to describe you as a daughter/son?

What qualities or values would you most like to bring into the family in the future?

Design - Determine What Could Be

What does love look like?

What is the single most important thing that your family contributes to your life?

Tell me what the ideal family would look like.

When you feel the most loved, most alive, most connected to, what are YOU doing as a son, wife, etc?

Describe a few traits or actions in your father, mother, daughter, son, spouse that you absolutely respect.

Tell me about something that your son, spouse, daughter does that you wish that you could do as well?

When you feel the most loved and appreciated, what is happening in your life?

What are three ways that your spouse (partner, son, etc) would want affection shown to her/him?

What are you doing when your family feels the most bonded, connected, and loved?

What are the most important behaviors that loving couples should model for their children?

What are you doing when it is easier to think about "we" than "I"?

Destiny - Create What Will Be

When your relationship reflects the ideal, what will the family be doing?

What things will happen in the near future within the family that are apt to make you smile?

What will you do for yourself that will also nurture your family?

What will you do for your family that will also nurture you?

What do you envision as the perfect metaphor for the family as it will be in two months/years?

Principles: Words Create Worlds, Inquiry Creates Change, We Can Choose What We Study, Image Creates Action, Positive Questions Lead to Positive Change, Wholeness Brings out the Best, Acting "As If" Is Self-Fulfilling, Free Choice Liberates Power.