



**Article Title: Questions that create contrast**

**By Sonya Yeh Spencer, Certified Advance NLP Coach**

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A client came to me because she just can not decide if she should start her own business and leave the family business, that her father wishes she can take over one day. She has been struggling with making a decision for six months, and she was feeling extremely stressed, guilty with an array of self doubts.

One of the exercises I took her through sent her spinning in her head and got her to think of her dilemma from a very different perspective.

Here are the questions that I asked her and I know you will benefit from them, too.

1. What will happen if I do this?
2. What will happen if I don't do this?
3. What won't happen if I do this?
4. What won't happen if I don't do this?

These questions are powerful, because it shifts our neurology and we examine an issue, very quickly, from different perspective. At the same time it uncovers what we believe, what we truly want and our underlying values.

Want more thought provoking self questions? Email me with your request at [sonya@blue-skytransformation.com](mailto:sonya@blue-skytransformation.com)