



THE

**L.O.V.E.**

A P P R O A C H

# THE L STEP: LISTEN AND LEARN GOOD QUESTIONS TO DELVE DEEPER USING THE SELF WHEEL



Here are some questions you can ask to delve deeper into more areas of self-awareness as you are Listening and Learning:

- Tell me more about your situation (or about your feelings, your thoughts, your wants, your values, your beliefs).
- How did that statement/situation/event make you feel? (Did you feel angry? Did you feel sad?)
- What did you think or conclude at that point?
- What did you want deep down at that point?  
What do you want deep down now?
- What do you value most? Do you value the relationship?  
What do you hold most dear? How do you value the other person(s) involved in this situation?
- What are your religious beliefs (or beliefs about God) related to the situation/event/problem?

**Note:** If your question yields a “yes” or “no” answer, or a one- or two-word answer, simply ask, “Tell me more about that” or “Help me understand more about that.”