

## The Art of Mindful Inquiry

### Process with the Person(s) who reacted:

1. I noticed you had a **reaction** when....
2. So, what I **heard** you say was....
3. **Tell me more** about what you meant by....
4. What **angered** you about what happened?
5. What **hurt** you about what happened?
6. What's **familiar** about what happened?  
>How did that **affect** you? How does it affect you here **today**?
7. What do you **need/want**?

Option: What's **good** about what you shared & what was **hard**? Why?

### Process with the Goup:

- \*Tell \_\_\_\_\_ one thing you **heard**. Use his/her exact words.
- \*What did you **appreciate** about what \_\_\_\_\_ shared?
- \*What did you **notice** as \_\_\_\_\_ was talking?
- \*What did you **learn** about \_\_\_\_\_ today?
- \*What **came up** for you as \_\_\_\_\_ was sharing? What's **familiar**?
- \*What's **good** and what's **hard** about what \_\_\_\_\_ shared?
- \*What did you learn today about **listening** and **responding**?