

A Seekers Guide to Building & Phrasing Questions

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Section One -- Overview

Part of receiving a great reading, is asking the “right questions”. It’s ideal if the seeker phrases their own questions for maximum impact; however, a reader will often re-phrase or ask more questions to elicit a better response. The following is a general guideline for building and phrasing questions.

Questions & Themes: How Many?

Phone or Email: A 30 minute *half* session can review 2-4 open ended questions and 1-2 closed-ended questions posed by a seeker. A 60 minute *full* session can review 4-6 open ended questions and 2-3 close-ended questions. A reader will likely ask more questions of you and/or of their tools. Create no more than 1-2 themes for a half hour session and 2-3 themes for a one hour session, then create your questions within the themes. A theme is an area of concern such as love, work, money...

If you are receiving a first reading, it’s an annual/semi-annual reading, or there’s complexity to any of your questions, there may be less opportunity to ask all your questions in the time allotted.

All keep in mind that if you are getting a “more” session than Abella uses many tools to help you out. Reading (tells), Coaching (asks), Consulting (advises), Counseling (heals), & Guiding (teaches).

Talking: How Much & When?

Be clear and concise when asking questions and know what direction you want to go. Ask your question and then let your reader respond. From there, ask for clarification and/or provide background information. Ask predictive close ended questions (i.e. when) *after* a response is given about the possible future. Keep in mind while some readers are generous with their time, it’s still in good form to stop asking questions when your time is up, request an extension, and/or ask for another appointment.

Section Two -- Key Words to Use When Asking Questions

1. Open Ended Questions (receives longer in-depth responses)

- a) **Who** - Who is the person? Find out about personality, looks, and what they do.
- b) **What** - Get advice on what to do. Clarify issues. Explore outcomes. Start a question with “what” to uncover layers to a resolution.
- c) **Where** - Find out where an event is taking/has taken place. Start a question with “where” to obtain the details about a place.
- d) **Why** - Find out why the situation or response is occurring/has occurred. Start a question with “why” to analyze.
- e) **How** - Learn how to do something. Manifest your dreams to reality. Start a question with “how” to know what actions to take.

2. Closed Ended Questions (usually receives very short and superficial responses)

- a) **Is or Have** (yes, no, maybe)
- b) **Will or Should** (yes, no, maybe)
- c) **Do or Did** (yes, no, maybe)
- d) **When or Which** (time and option)

3. It's a good idea to have a combination of open-ended and close-ended questions with a focus on open-ended questions and wrapping the reading up with close-ended questions.

4. Mention the “status” that relates to the question. Knowing the status helps the reader select an appropriate layout and formulate meaningful responses. E.g.: Engaged, married, single, employed, unemployed, healthy, unhealthy, etc. etc. Just one keyword suffices. (Note, not all readers want to know the status before the reading -- ask!)

5. Keep the question to as few words as possible. One or two sentences of up to 40 words, in total, are usually enough and **WRITE THEM OUT & send them** (even if you have a voice session)! Btw, Every sentence that ends with a question mark is a question. Please keep your questions clear and if questions are too long they will be edited or reduced in number.

6. Ask your most important questions **FIRST**. All your questions may not be answered.

Section Three - Example Questions

Referencing Section Two, below are phrasing examples. While reading through the questions, note the length and status surrounding the question.

Love

I have been engaged w/o marriage, married twice, and have no children (currently). I'm extremely happy with my life partner and husband. I finally found "the one". I have loved many and learned a lot from this life experience. I figure it was my education to help you with your concerns. This area is one of my specialities.

1. How is x, y, z feeling about me? We haven't seen each other for 10 years.
2. What is the best way to approach the problem I'm having with my partner? We have been married for 5 months.
3. I would like to know if Mr.X is a good match for me. If so, when is it likely we will make a commitment? We have dated for about a week.

Work/Career

I have training in career and work counseling, used to be a Training Manager, People Manager, Business Analyst, have an incorporated business, and this business. This area is one of my specialities.

1. Who will be my new boss? My company is restructuring.
2. Which job should I apply for? I'm currently unemployed.
3. Why is it taking so long for me to get promoted? I have been working at my company for 5 years.
4. I feel like people do not respect my skills. Am I doing the wrong thing?
5. How can I become an x, y, z? I need a change.
6. Do I need to speak to my co-worker about x, y, z? I think they are gossiping about me.

Health

It's against my code of ethics to predict illness, death, accident, or prescribe treatment. In fact, it's against the law for the most part. However, I will do my best to look at health questions within my code & strongly suggest a seeker finds licensed help. This area is NOT my specialty.

1. Will I get better? I have just finished chemotherapy treatment.
2. I always feel sick! What can I do to become healthier?

Money

I have struggled financially and then money has come easy too; there's a reason for that. I also have an educational background in accounting and business management but I'm not a licensed financial advisor. This is an area where I can help but it's not a specialty.

1. Why is it a struggle to make money? It seems like every time I have it, I lose it.
2. Should I start investing my money? I have been thinking about this for some time.
3. Will I be financially secure at retirement? I would like to have a lot of money to go traveling.

General

1. Where is the best place to move? We are currently looking at places which will bring more happiness to our lives.
2. Which university will accept me? I have just applied to 5 of them.
3. I bought something recently. Did I pay too much?

Keep in mind that a reader isn't necessarily a licensed therapist, lawyer, accountant, counselor, doctor, etc... A reader provides alternative unlicensed insights for you to *consider* but ultimately it's important to receive licensed professional help in making serious and/or life-altering decisions.

Professional readers also have a "code of ethics"; therefore, questions may go unanswered.

NOW ITS YOUR TURN TO BUILD SOME QUESTIONS