



Ronit LeMon, CPCC, PCC, MA

415.425.8862

www.ronitlemondrobey.com

415.425.8862

ronitlemon@gmail.com / sunandmoondreamalchemists@gmail.com

DreamWork, BreathWork, Coaching, Cacao Ceremonies, Workshops, Retreats and Rituals all designed to bring you back to yourself.

QUESTION TYPES

1. Active Listening: to show understanding ♥
This is when a client tells us something—like the topic, or about a feelings—and we say it back to her, using her keywords and keeping it brief.

Example:

I am really mad at my friend. She lied to me about hanging out with my Ex. And when I asked her, she said that they were just friends...but I saw them kissing!

Say back: Yeah, so I hear that you are mad at your friend because she was kissing your ex and she lied to you about it....is that accurate?

We use this form of questioning to make sure that we understand and to make the client feel heard. Also, it allows the client to eavesdrop on herself, which can be information for the client because people often do not hear what they are saying. It can cause awareness.

2. Powerful questions: to go deeper ↴
These are the open-ended questions that we use to get curious and to dive into what a client is saying.

Examples:

Can you tell me more about that?

What's under that?

What are we really talking about here?

How do you feel when you say that?

How old do you feel when you say that?

Whose voice is that in?

We use this form of questioning in the middle of the session, in the conversation part, to go under the topic and to lovingly rummage around to see what is really happening here.

3. Direct Communication: to have it land ⚡
These are statements that are bottom lines, and we say them with great economy of language and pause.

Examples:



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Wait, are you telling me that you can actually notice—in real time—when this saboteur comes up?

So, you no longer feel negative towards your mother...is that what you are saying?

You can stop yourself in the middle of binge eating...is that accurate?

We use these types of questions to call out something important that the client may not have heard/be fully owning. It's in the conversation and often comes nearer the end as we begin to pivot to what we can do about all this/action steps.

4. Mapping: to gather and move along. 

This is how we gather up the balloon strings for a client who may be free roaming...and also for ourselves when we do not know where to go next.

Example:

So we began with the topic of the conversation with your mother, and then we brought in your boss, and then you had an embodied awareness that you feel a spikey ball in the pit of your stomach when talking to power, and now we are at the training of your dog...is that accurate? So, where do you want to go next?

You can also ask: So, what arises when you hear all that?

Example of a variation:

We began with your mother, and then brought in your boss, and then went to your body and the pain in your stomach and now we are talking about your dog...is that accurate? Can you connect these for me please?