

How do you build Personal Resilience during challenging times? – Part 3 – Ask Better Questions

So what is another way we can build personal resilience during challenging times? Well, the clue is in the question I just asked. **Ask Better Questions.** Our brains have enormous capacity to access information, solve complex challenges, or uncover possibilities to deliver whatever we ask. Problem is, it tends to take our requests literally.

“Your wish is my command”. Think of your brain like a trusted and loyal family dog eagerly waiting to serve you. When I ask *“Why can’t I lose weight?”* it’s as if my brain says, *“I’ll get that for you”* and retrieves the answer to the specific question I asked; *“because you eat high fat foods, you don’t exercise regularly, you don’t drink water”* and so on. Instead of helping me find a solution, my question collected data to support why I **“can’t** have what I want”. If we ask a ‘limiting’ question, we get a limiting answer.

Most people don’t ‘really’ want an answer to these limiting questions and we’re often not even aware that we’re asking them.

Recognize any of these limiting questions?

- Why does this always happen to me?*
- How could I be so stupid?*
- Why can’t I lose weight?*
- How come I never save any money?*
- Why do I never have time for lunch?*
- How come I never get recognition?*



Here is an example of some common, limiting questions, and the same question framed more positively.

Limiting Question ☹️	Resourceful Question 😊
<i>How come I never lose any weight?</i>	How can I lose weight, and enjoy it?
<i>Why am I ALWAYS late!?</i>	What is one thing I <u>CAN</u> do to be on time?
<i>Why can’t I save money?</i>	What is one way I can save money?
<i>How will I ever get all of this done?</i>	What would be a good first step? Or Who could I ask for help?

Try this! ...think of 1 or 2 typical 'limiting' questions you might ask yourself, then reframe it:

Limiting Question ☹️	Resourceful Question 😊

Steps to Asking Better Questions:

1. Be aware of the questions you ask yourself
 - a. When you can't find your car keys, do you think *'Why do I always forget my keys?'*
2. Interrupt and correct yourself!
 - a. "That's not true", I don't always forget my car keys!
3. Think about what you do want
 - a. Well, I want to remember my car keys (duh)
4. Reframe the question to 'ask for what you do want'
 - a. *What's a way for me to remember my car keys, easily?*
5. Practice – keep practicing until it becomes a habit.

If you're having trouble 'reframing' a particularly challenging limiting question into a more resourceful one, email me at matt@lidera.ca , and I'll see what I can do.

Want to learn more about building personal resilience for yourself? Or in your organization?

Give us a call at **604 324-5900**, visit us at www.lidera.ca , or email me at matt@lidera.ca