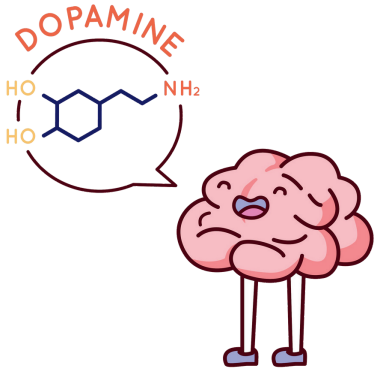
Questioning - What's happening inside the brain

Psychologists use questioning in their professional practice as one of the most powerful tools in their skill set. Questions have been proven to be much more effective than instructions in helping people make changes in their lives. By what is going on in the brain?



Contrary to popular belief we can only focus our attention on one thing and questioning helps us to shine our spotlight on the task at hand and focus our attention.





Chemicals released in the brain.

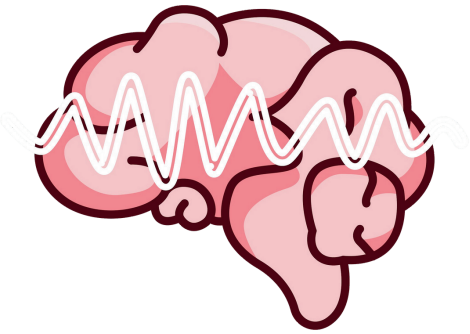
1.Serotonin - helps us to relax and think through the answer
2.Dopamine - can help us to focus or freeze from fear of getting it wrong.

N.B. when we are in supportive judgement-free relationship (like coaching) we are free to explore our fear response and focus on the path forwards.

Questions help us to find a way forward which works for us.

When someone gives us instructions they are telling us from their perspective and this may or may not make sense to us from our experience.

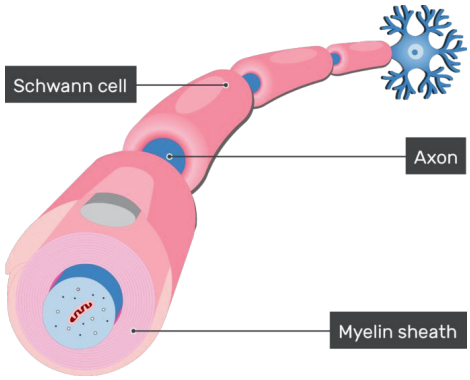




When we are asked a question it prompts us to think about a solution which works for us and therefore we are more likely to do it.

When we revisit a way of thinking we strengthen our neural pathways.

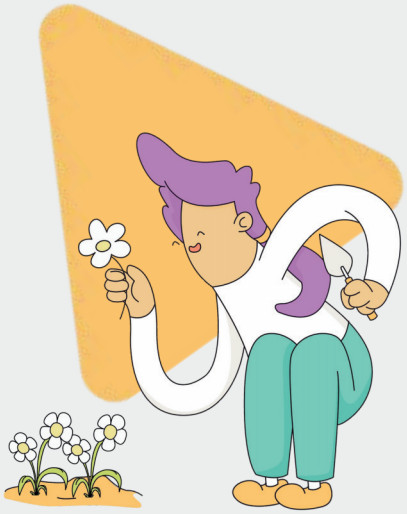
The more we use our neural pathways a thick fatty layer called myelin grows around our neural pathways



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Coaching Client



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