



# Mental Health Association of Northern Kentucky

*A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS*

*EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION*

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## **Empowering Questions**

If you are bored, unhappy, or depressed, you are probably asking yourself diminishing questions; questions that make you feel powerless, victimized, not in control. The questions we ask ourselves in our self-talk cause us to focus on that which produces answer. If we ask for example, “Why don’t I ever have any luck?” our brain will focus on finding a rationale for lack of success and of not being in control of our lives. Below are some examples of empowering question:

How can I become better organized?

How can I solve this problem and have fun doing it?

What can I do to make myself more promotable?

How can I make this task more fun?

How could I behave differently to get a more positive response from the other?

Is there anything humorous about this situation that I haven’t noticed?

What can I learn from the difficult behavior of this person so as to avoid such situations in the future?

What can I do today to improve my situations?

What can I do to create a positive environment for myself?

What can I look forward to today?

Who have I helped today?

What were the good things that happened today?

What can I focus on that’s good?

What is there to smile about?

What can I control in this situation?

How can I turn this setback into art?

What can I do to make progress toward my goals today?

What can I do today that will make a difference?

How long should this task take?

How can I get uninterrupted time so I can get this done early?

If I had three wishes, what would they be?

What can I do to get closer to those wishes than I am now?

How could I make these wishes come true?

What can I do today to make progress toward making those wishes a reality for me?

What different and exciting things can I do for my family today?

What can I do to build the self-confidence of my children?

What can I do to make my family feel appreciated?

What can I do to brighten my spouse’s day?