

# Counseling - Open-Ended Questions

*Below are various open ended questions you can utilize during therapy sessions with your clients. You can download this template to your device for easy access or utilize the printable aspect of this template and have it with you during the sessions.*

**Reminder:** *Your choice of open-ended question will vary depending on your client.*

**1. How would you describe your current emotional state?**

**2. Will you tell me more about what brought you to our session today?**

**3. In what ways have you noticed your thoughts impacting your daily life?**

**4. What does a typical day look like for you, and how does it make you feel?**

**5. How do you see your relationships with others impacting your overall well-being?**

**6. What are some realistic goals or changes you'd like to work towards in your life?**

**7. Can you share more about a recent situation that has been difficult for you?**

**8. How do you typically cope with stress, and are there strategies that work better for you?**

**9. In what areas of your life do you feel the most fulfilled or content?**

**10. How do you envision your life being different if your current challenges were resolved?**

**11. What are some patterns or themes you've noticed in your thoughts and behaviors?**

**12. How would you describe your support system, and how do they impact your life?**

**13. Can you elaborate on a time when you felt particularly proud or accomplished?**

**14. What role do you think your values and beliefs play in your decision-making and actions?**

**15. How do you envision your perfect life, and what steps do you think you may take that are necessary to move towards your vision?**