

## Judger-Learner Questions

### Judger

What's wrong?

Who's to blame?

How can I prove I'm right?

How can I protect my turf?

How can I be in control?

How could I lose?

How could I get hurt?

Why is that other person  
clueless and frustrating?

Why bother?

### Learner

What Works

What am I responsible for?

What are the facts?

What's the big picture?

What are my choices?

What's useful about this?

What can I learn?

What is the other person  
Feeling, needing, wanting?

What's possible?

Exercise:

Am I in Judger mode right now?

Where would I rather be?

How can I get there?

What are the facts?

How else can I think about this?

What assumptions am I making?

Is this what I want to feel?

From Dr. Marilee Adams "Change your questions change your life"