Don’t just focus on what you can teach your client. Learning to ask the right questions — even unexpected ones — can help you collaborate on more nuanced and useful answers. Here’s how:

1. **Be self-aware.** Where are you coming from? What can you offer this conversation? What are you trying to find out? And what are your boundaries?

2. **Stay curious.** Once you’ve acknowledged your own perspective and assumptions, can you set them aside? What can you uncover if you step away from your preconceptions?

3. **Get creative.** Asking someone how they feel is one thing, but asking them, for instance, what color best describes how they feel can lead to more interesting conversations.

4. **Increase calm.** Lifestyle changes can be intimidating. Ask your clients what helps them feel calm, or what they’ve seen others do to access a sense of calm.

5. **Generate perspective.** Ask your client to describe their current situation and all of its parts as if they were viewing it from a helicopter high above. What would things look like from up there?