

# StirFry Seminars & Consulting



# The Art of Mindful Inquiry

“What I *heard* you say was...”

“*Tell* me more about what you meant by...”

“What *angered* you about what happened?”

“What *hurt* you about what happened?”

“What’s *familiar* about what happened?”

(How did that affect you?

How does it affect you now?)

“What do you *need/want*?”