

# STEPS TO SUCCESS

The Good Questions Diary

of

.....

.....

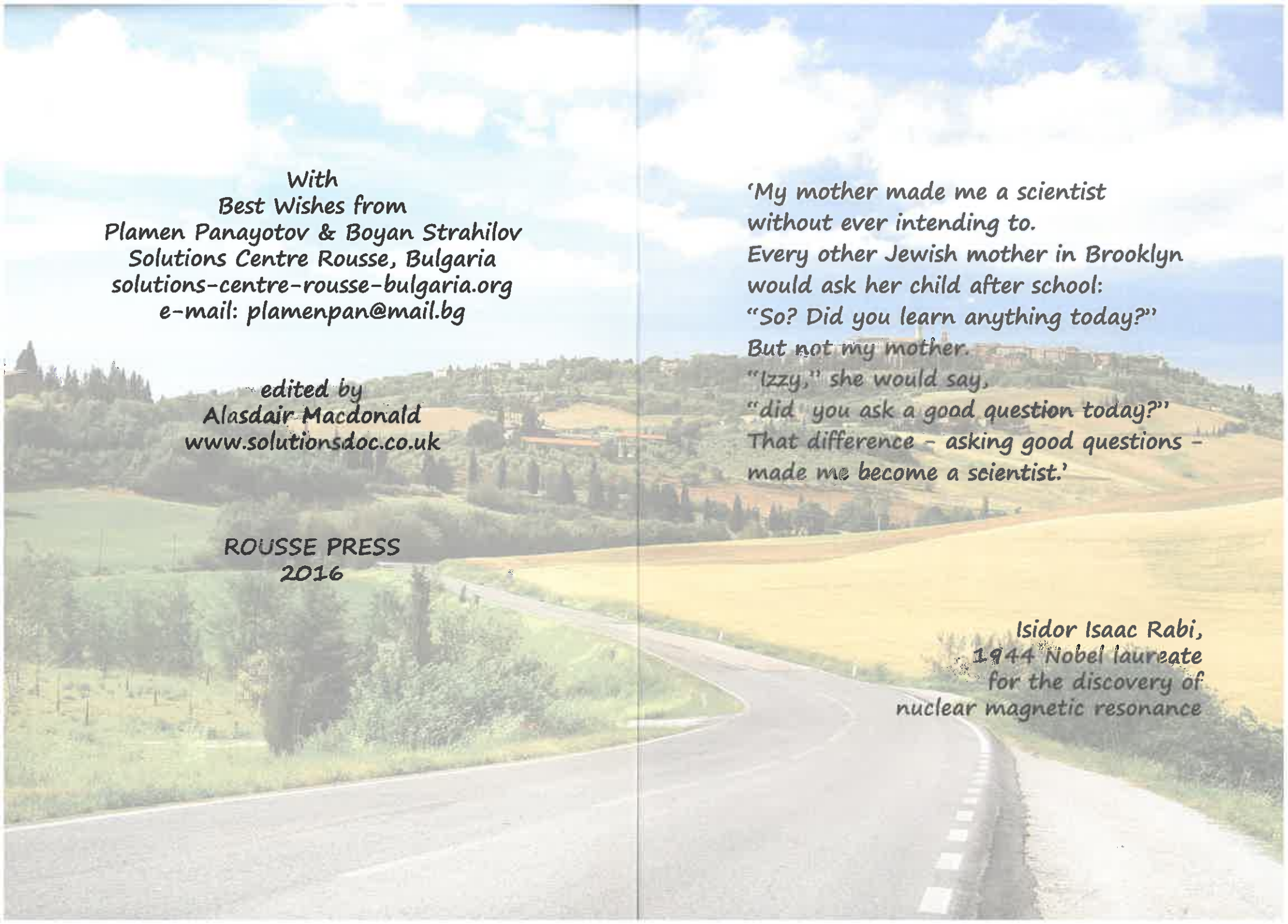
*Solutions Centre Rousse, Bulgaria  
is a non-profit non-governmental organization  
working in the mental health field*

*To support us, please send your donation to:*

*IBAN: BG08 SOMB 9130 1022 9820 01  
BIC: SOMBBGSF*

*at the Municipality Bank AD, Rousse branch  
Aleksandrovska Str 28  
Rouse 7000, Bulgaria*

*Bank account holder's name:  
Solutions Brief Therapy & Counseling Centre Rousse*



With  
Best Wishes from  
Plamen Panayotov & Boyan Strahilov  
Solutions Centre Rousse, Bulgaria  
[solutions-centre-rousse-bulgaria.org](http://solutions-centre-rousse-bulgaria.org)  
e-mail: [plamenpan@mail.bg](mailto:plamenpan@mail.bg)

edited by  
Alasdair Macdonald  
[www.solutionsdoc.co.uk](http://www.solutionsdoc.co.uk)

ROUSSE PRESS  
2016

'My mother made me a scientist  
without ever intending to.  
Every other Jewish mother in Brooklyn  
would ask her child after school:  
"So? Did you learn anything today?"  
But not my mother.  
"Izzy," she would say,  
"did you ask a good question today?"  
That difference - asking good questions -  
made me become a scientist.'

Isidor Isaac Rabi,  
1944 Nobel laureate  
for the discovery of  
nuclear magnetic resonance

What do we think is a good question?

A good question:

- Makes sense;
- Is asked on time;
- Is important and useful;
- Can be answered in several ways;
- Informs present and future actions;
- The responses lead to new questions;
- Requires thinking before responding;
- Leads to new learning/understanding;
- Is often difficult, but can be answered;
- Does not allow for automatic responses;
- .....
- .....
- .....

Today, .....,

Did I ask a question?

No.

Yes.  What question did I ask?

Who did I ask it to?

What did s/he (they) reply?

Was it a good or a bad question?

What makes me think it was good (or bad)?

What do I think about asking next?

Today, ....., what question did I ask?

Who did I ask it to?

What did s/he (they) reply?

Did I learn something from this?

No.

Yes.  What did I learn?

What do I think about asking next?

Today, ....., what questions did I ask?

Who did I ask them to?

What did s/he (they) reply?

Did I learn something from this?

No.

Yes.  What did I learn?

What do I think about asking next?



*What was the best question I asked today?*

*Who did I ask it to?*

*What did s/he (they) reply?*

*What did I learn from asking this question?*

*What do I think may be  
the next good question I can ask?*



*What was the best question I asked today?*

*What makes me think  
it was a really good question?*

*What did I learn from asking this question?*

*What do I think may be  
the next good question I can ask?*



*What was the best question I asked today?*

*In what way was it so good?*

*What did I learn from asking this question?*

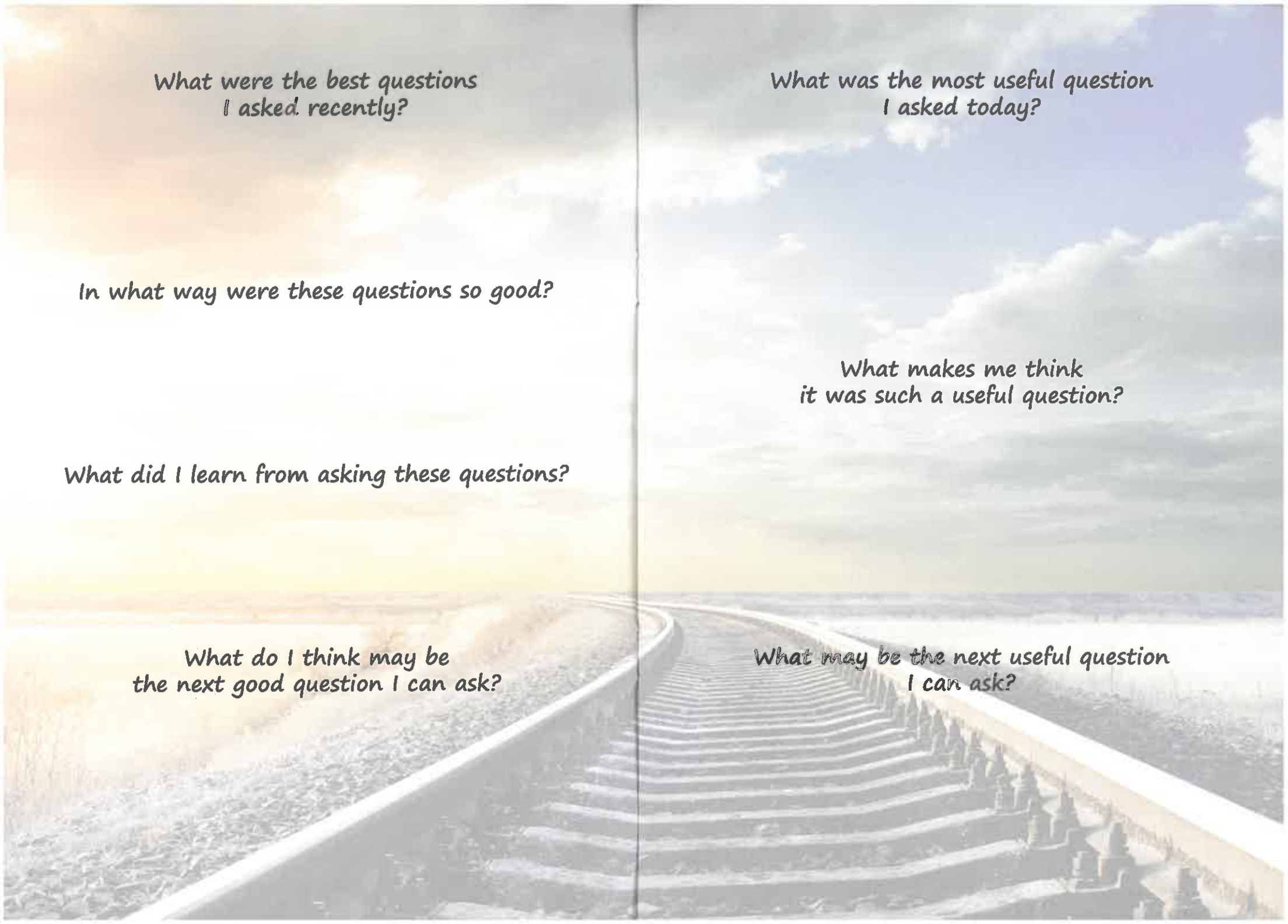
*What do I think may be  
the next good question I can ask?*

*What were the best questions  
I asked recently?*

*What other good questions did I ask?*

*What did I learn from asking these questions?*

*What do I think may be  
the next good question I can ask?*



*What were the best questions  
I asked recently?*

*In what way were these questions so good?*

*What did I learn from asking these questions?*

*What do I think may be  
the next good question I can ask?*

*What was the most useful question  
I asked today?*

*What makes me think  
it was such a useful question?*

*What may be the next useful question  
I can ask?*



*Recently I asked this very good question:*

*I asked it to...*

*S/he (they) replied:*

*From this I learnt that...*

*My next good question may be:*

*What was the least useful question  
I asked today?*

*What makes me think  
it was a bad question?*

*What better question could I ask instead?*





*Recently I asked this very good question:*

*I asked it to...*

*S/he (they) replied:*

*From this I learnt that...*

*My next good question may be:*

*What was the best question  
I heard or read today?*

*What makes me think  
it was such @ good question?*

What do you think makes a good question?  
A good question is:

.....  
.....  
.....  
.....  
.....

Space for other personal ideas on questions:  
(with more sheets if I need)

Today,.....,  
Did I ask a good question?

No: I missed a chance today.

Yes. I won today:  
I made a step  
towards success!