

Meta-Questioning Practice Tool

In the Stress Club, we often use vague or automatic phrases like 'I'm fine' or 'It's always like this.' Meta-questioning helps you pause, catch those loopholes, and ask clarifying questions that open new possibilities. Use this worksheet to practice.

How to Use This Tool

1. Notice when you use a common Stress Club phrase.
2. Pause and ask a meta-question to explore what's really true.
3. Write your answers in the space provided.
4. Use these insights to shift your perspective and step out of the Stress Club.

Practice Phrases & Meta-Questions

- "I'm fine."
 - If I weren't fine, what would I be?
 - What am I not saying right now?

Your Answer: _____

- "I don't need help."
 - If someone offered help, what would that allow me to do?
 - What am I afraid might happen if I accept help?

Your Answer: _____

- "It's always like this."
 - Always? Can I think of one time when it wasn't?
 - What's different about today compared to other times?

Your Answer: _____

- "I know what she thinks about me."
 - How do I know that? What did she actually say or do?
 - What else could her behavior mean?

Your Answer: _____

- "I never get it right."
 - Never? What's one example of when I did get it right?
 - What's one small step I could take differently next time?

Your Answer: _____

Final Thought

Meta-questioning is about curiosity, not judgment. The more you practice, the more you'll see how often stress scripts are just stories waiting to be unraveled. Keep asking, keep noticing, and keep stepping out of the Stress Club.



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