What do you feel?

What is the feeling you’re experiencing now?

How is this for you?

How does this affect you?

How is this working for you?

What physical reaction does this evoke?

What are you feeling right now?

Formulate your own feeling question.
What are you thinking?

What do you think about this?

Using the elevator Thinking 1 Using the elevator Thinking 2

What thought comes up in your head?

What are you convinced of?

Using the elevator Thinking 3 Using the elevator Thinking 4

What insight does this give you?

What is your opinion about this?

Using the elevator Thinking 5 Using the elevator Thinking 6

What are you aware of now?

Formulate your own thinking question.

Using the elevator Thinking 7 Using the elevator Thinking 8
What do you want?

What do you strive for?

What is your ideal?

What do you need?

What is your desire?

What drives you?

What is your intention?

Formulate your own wanting question.