change your questions, change what is possible

JUDGER

Whose fault is it?

What's wrong?

What's wrong with me?

How can I prove I'm right?

How can I be in control?

Why bother?

Why is this person so stupid & irritating?

How will this be a problem?

LEARNER

What am I responsible for?

What works?

What do I want?

What can I learn?

What's the big picture?

What is possible?

What is this person thinking, feeling, & wanting?

What are the facts?

What's useful about this?

Resource: Marilee Adams, PhD (2009)