

# Strengthening the Adaptive Mode: Questions List

| ENERGY   | CAPABILITY   | CONNECTION  | CONTROL   |
|--|--|---|---|
| “Wow, I have more energy now than when we started, how about you?”                       | “Since you were able to do that, do you think it’s possible to might be able to do it again? Or to do [different activity]?” | “Looks like by working together we were able to do a lot – it’s pretty worthwhile to do things with others, what do you think?” | “What does it say about you that by doing this, you weren’t bothered by voices?”                      |
| “Man, it seems like the more we were dancing, the more awake we felt, don’t you think?”” | “You were really able to accomplish a lot, you’re pretty hard working, aren’t you?”  | “That was fun, seems like you and [peer] are pretty connected. It’s good to have a friend, don’t you think?”                    | “Is it possible you’ve got more control than you thought?”  |
| “Did you enjoy it? Would it be worth trying again?”                                      | “Seems like working on this with your friends was fun. Should we all do it again?”   | “If you are able to connect with [me/peer], is it possible to make friends at [other community place, i.e. church]?”            | “It’s so cool you were able to do that! Do you think it gets you closer to [insert aspiration here]?” |
| “Did this go better than you expected?”  |  |   |   |