



Asking for What You Want

1. Are you comfortable asking for what you want? Is this true in all situations or does it depend? On what?
2. Describe a time when you asked for what you wanted and got it. How did it feel? What do you think you did to make it successful?
3. Describe a time when you asked for what you wanted and didn't get it. How did it feel? What do you think you did or didn't do to make it unsuccessful?
4. Describe a time when you wanted something but didn't ask for it. What prevented you from asking? In hindsight, would you make a different choice? Why or why not?
5. What is something you currently want but haven't asked for yet. What is causing your hesitation? What do you need to get there?
6. How would asking more effectively for what you want benefit you?
7. What do you need to be more effective at asking for what you want?