

15 Coaching Questions

For When You're Tempted to Rescue

Self-Reflection (Ask Yourself)

1. What feeling or fear is driving my impulse to fix this?
2. Is this truly my responsibility or am I stepping in to avoid discomfort?
3. If I don't act, what might others learn or take ownership of?
4. Am I seeking affirmation, or am I serving from love and trust?
5. What small boundary could I set that would honor my limits and theirs?
6. How would I support them without taking over?
7. Where have I seen God (or others) show up when I stepped back?

Empowering Others (Ask Them)

1. What do you most want to see happen here?
2. What have you already tried or considered?
3. What resources or strengths do you already have to address this?
4. What's one small step you can take this week toward a solution?
5. What would "success" look like if you handled this yourself?
6. Who else could support you, without you needing me to do it for you?
7. What obstacles might you face, and how could you prepare for them?
8. How can I cheer you on or hold you accountable, without carrying this for you?

