



American Heart Association.

Hard Hats with Heart™

HARD HATS WITH HEART

OPEN ENDED QUESTIONS

POCKET GUIDE

Open-ended questions are ones that allow you to provide whatever amount of detail you want, rather than simply answering "yes" or "no". They often start with "who, what, where, when, why and how" and each can be used to draw out different kinds of responses.

Examples of Open Ended Questions

- How are you feeling?
 - That sounds really challenging, no wonder you're feeling... stressed/tired/unmotivated/anxiety.
- Tell me more about... Help me understand...
- When you're feeling this way, what usually helps?
- That sounds like you're going through a lot, what do you think would be the most helpful to focus on?
- What have you tried before?
- What is something that I can do?