



LIFE GROUPS

The Four Q's

Four key questions to ask when someone comes to you with any issue they're experiencing. Getting the facts and context usually makes the next steps relatively straightforward on how to support them or the kind of help they need.

1. How long have you been dealing with this?

When did this first occur?

2. Who else knows?

Have you talked to anyone else about this?
If so, who? When was the last time you
talked to someone about it?

3. Have you received any advice or counsel on how to deal with this?

What have those you've talked to said about
it? Have you sought any other help or
resources regarding this issue?

4. Do you have any plans for your next steps?

What do you think might be your next
step? Would you like me to check on some
other resources? (Don't make the calls but
give them referrals, etc.)