

Some questions which work toward externalization might be:

- What shall we call this problem? What name do you give it?
- How did this problem come into your life?
- What does it require of you?
- What influence does this problem have on your life? What influence do you have on the life of the problem?
- What conclusions have you drawn about your life because of this problem? What does it intend for your life? Is that the same thing that you intend for your life?

Some questions which work toward re-authoring might be:

- Have there ever been times in which the problem was threatening to take control of you, but didn't? What was different about how you met the challenge of this problem at those times?
- When the problem asked you to participate in it, were you ever able to decline the invitation? How did you do that?
- Are there times when you simply don't fall for the tricks of the problem and are able to take a stand against it?
- What facts or events are in your life that contradict the problem's effects on you and your relationships?
- Was there ever a time when you refused to submit to the demands of the problem?