

# GROW

A framework for helping loved-ones make difficult choices

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## GOAL

Sample Questions:

1. What is most important to you? What do you really want?
2. Who do you care about? What do they need?
3. What worries you? What do you think worries others?
4. What do you need to make a decision about?

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## RESULTS

Sample Questions:

1. On a scale of 1-10 with 1 bad and 10 good, how well is the current situation is going?
2. What have you tried so far? What were the results?
3. If you keep doing the same thing, what might happen?

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## OPTIONS

Sample Questions:

1. What other ideas have you had about what you could do in this situation?
  2. Which of these options do you think would lead to the best results for everyone?
- Note: If there is a new option you would like to recommend, don't just tell them what to do.

Try telling a story about when your idea/approach was successfully implemented, then ask something like , "what do you think about that story?"

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## WAY FORWARD

Sample Questions:

1. Do you have an idea about what you're going to do now?
2. If so, what specific things do you need to do in order to [refer to the goals they shared]?
3. If you don't know what you're going to do, what do you need in order to make a decision?

Note: Share validation / affirmation for positive decisions they've made.

4. Ask: Would it be okay if I check in with you on \_\_ [day/time] \_\_ ? I care about you and about this, and I'm grateful we've had this conversation.

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