Clean Questions

Location
Where ... ?
Whereabouts ... ?

Sequence after
Then what happens?
What happens next?

Attributes
What kind of ... ?
Is there anything else about... ?
Does ... have a size or a shape?

Sequence before
What happens just before ... ?
Where does ... come from?

Metaphor
That's ... like what?

Creating
#DramaFree Conversations

Clean Questions were developed by David Grove

© Clean Learning, 2018
www.cleanlearning.co.uk, +44 7895 952945, karrie@cleanlearning.co.uk
USA contact: Andrea Chiou, andrea@connections-at-work.com
The Drama Triangle

Persecutor
- She's absolutely useless
- He does it deliberately
- You're doing it wrong
- You should have known better

Rescuer
- I'm the one who always has to ...
- Don't worry I'll do that for you
- Can I just suggest ...
- They can't manage so I have to ...
- I can't say no

Victim
- Nothing ever changes
- I can't ...
- No one appreciates ...
- I've tried but it's no use ...
- He won't ... so I can't...

The Clean Change Cycle

Outcome
- What would you like to have happen?
- CLEAN SET UP
- For ... to go just the way you'd like, it will be like what?
- You'd like to be like what?
- What support or resources do you need?

Action
- What happens before you ... ?
- What needs to happen for ... ?
- What is a DEVELOPMENTAL TASK you can set yourself?

Reality check
- Can you have what you want?
- If not, ask: ‘So now, what would you like to have happen?’

Clean Feedback
- What have you actually seen and heard that lets you know ... ?
- What are you assuming?
- What impact is it having?
- How can you give them (whoever you’re complaining about) this feedback?

The Drama Triangle was developed by Stephen Karpman.
The Clean Change Cycle was developed by Caitlin Walker.