Asking questions to aid recovery

**Dave Hawkes** Senior lecturers, Faculty of health and social care, Anglia Ruskin University  
**David Hingley** Senior lecturers, Faculty of health and social care, Anglia Ruskin University

Dave Hawkes and David Hingley offer a list of 42 questions that mental health practitioners can ask clients to promote hope and wellbeing.

Questioning is a fundamental part of practitioner-client interactions, crucial to develop an understanding of clients’ experiences and to assess risks associated with them. The questions practitioners ask can also convey their beliefs and approaches to care. This article provides a list of six types of question based on the principles of recovery and person-centred care. The list is intended to complement, not replace, the enquiries that practitioners must make to fulfil their essential professional duties, while conveying their commitment to hope, change and recovery.


**Keywords:**  
Solution-focused approach - questioning - recovery
6 Recovery Questions: What Do You Do After Your Workouts? How These Runtastic Users Lost Between 30 kg (66 lb) and 59 kg (130 lb). "I shrank from size 46 (L) to size 36 (S)!" Unfortunately, only one out of ten people know what they need for ideal recovery. So, how can we best recharge our batteries to master stressful situations in our every day lives as well as conquer fitness challenges with energy? Here are three effective methods that will help you unwind, relax and calm down.

1. Sleep. Especially for those who are very active, sufficient sleep is vital. Only with enough time for recovery your body will be able to do even better in the next training. Healthy, regular and deep sleep is key to any workout routine or race preparation, e.g. when training for a mara.