

Circumstance

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- What are you thinking about that?
 - What are you making that mean?
 - What thoughts are you having?
 - What do you think that means?

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- What is causing that thought?
 - What circumstances lead you think that thought?

Thought

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- When you think that thought, how do you feel?
 - What emotion does that thought create?
 - How have you been feeling as a result?
 - What does that leave you feeling?

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- What are you thinking that is making you feel that way?
 - Where is that feeling coming from in your mind?
 - What is the main concern that is leading you to feel this way?

Feeling

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- What do you want to do when you feel that way?
 - What are you doing with that emotion?
 - What do you want to do with that?
 - What are you not doing because you feel that way?

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- What feeling is causing you to take those actions?
 - What emotion is driving you to do that?
 - What feeling are you trying to control by taking those actions?

Action

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- What result do those actions lead to?
 - What is the end result of all of that?
 - What results are you getting from those actions?
 - What results are you hoping to get?

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- What are you doing or not doing that might be leading to that result?
 - What actions are you taking that create that result?

Result