What's wrong with me?
What do I want?
How can I prove I'm right?
What can I learn?
How can I be in control?
What's the big picture?
Why bother?
What is possible?
Why is this person so stupid & irritating?
What is this person thinking, feeling, & wanting?
How will this be a problem?
What are the facts?
What's useful about this?

Resource: Marilee Adams, PhD (2009)