

## Questions during a PMA coaching session:

### Event - Moment - Detail - Feeling - Next Event

#### Basic rules:

- Always direct your questions towards the pain.
- Mentally place yourself where the other person is and imagine yourself in their situation.
- Avoid asking questions that encourage thinking.
- Show genuine interest in your client, and the questions will come naturally.

#### 1. Event:

What is the first recent event that you have experienced as very unpleasant? Has there been anything that happened recently that you found unpleasant? What is happening during this event that you find so unpleasant?

#### 2. Moment:

What is the most unpleasant moment during this event? What do you perceive in that situation that gives you this unpleasant feeling?

#### 3. Detail:

What about that unpleasant thing you perceive bothers you the most? What is annoying, irritating, or bothersome in this moment? What are you focusing on in this moment? Is it what is being said, the voice, the eyes, or something else?

Note: Keep asking further until your client has mentioned the specific detail. Now, focus solely on that detail and become aware of what you feel in your body.

#### 4. Feeling

**What** do you feel, and **where** in your body?

Note: **What** refers to sensations like a stabbing pain, tingling, pressure, etc.

**Where** refers to areas like the stomach, throat, abdomen, etc.

#### 5. Next Event

Focus on the detail and include the feelings. (Note: As a coach, you state the detail and the feelings that your client has mentioned.)

- “If there were a situation in your life with similar details, which age spontaneously comes to mind first?”
- “Don't think, just let it come up.”
- Once you're in the next event, start again with event, moment, detail, feeling, etc. Once you have a clear understanding of the detail and feeling.
- Note: For the most effective questions at the right moment, please refer to the videos by Ingrid Korthuis-Schabbing in the online PMA-Ultimate training.