

ACC to PCC

Powerful Questions



ACC to PCC Powerful Questions

Use this list to practice transforming ACC-level questions into more powerful PCC-level ones. Focus on evoking deeper insight, shifting perspective, and encouraging lasting transformation.

- **Tip:** Focus on shifting perspective, deepening reflection, or unlocking new insights.
- **Key shifts:**
- From **directive** to **exploratory**
- From **surface-level** to **deep awareness**
- From **action-focused** to **identity-focused**

1. Exploring Goals and Direction

ACC-level questions:

1. *What goal do you want to focus on today?*
2. *What would make today's session successful for you?*
3. *What are your top priorities right now?*
4. *What outcome are you hoping to achieve?*
5. *How will you know when you've reached your goal?*

PCC-level transformations:

1. *What is the deeper purpose behind this goal?*
2. *If you achieved this goal, how would it change things for you at a fundamental level?*
3. _____?
4. _____?
5. _____?

2. Understanding Challenges

ACC-level questions:

1. *What challenges are you facing in reaching your goal?*
2. *What obstacles have been getting in your way?*

3. *What is the hardest part of this situation for you?*
4. *What external factors are influencing this challenge?*
5. *What has prevented you from making progress so far?*

PCC-level transformations:

1. *What patterns or beliefs might be contributing to this challenge?*
2. *How does this challenge reflect other situations in your life?*
3. _____?
4. _____?
5. _____?

3. Exploring Options

ACC-level questions:

1. *What options do you see for moving forward?*
2. *Have you considered different ways to approach this?*
3. *What strategies have worked for you in similar situations?*
4. *What advice would you give to someone else facing this?*
5. *What steps can you take next?*

PCC-level transformations:

1. *If you weren't holding back, what bold option would you consider?*
2. *What would happen if you let go of limiting beliefs while exploring options?*
3. _____?
4. _____?
5. _____?

4. Decision-Making

ACC-level questions:

1. *How will you decide which option to take?*
2. *What criteria will you use to make your choice?*
3. *What factors are influencing your decision?*
4. *What's the easiest choice here?*
5. *What's the most logical next step?*

PCC-level transformations:

1. *What deeper wisdom do you already have about this decision?*
2. *What choice would your future self thank you for making?*
3. _____?
4. _____?
5. _____?

5. Exploring Perspectives

ACC-level questions:

1. *How do you feel about this situation?*
2. *What does this situation mean to you?*
3. *How have you handled similar situations in the past?*
4. *What's your perspective on this challenge?*
5. *How do others see this situation?*

PCC-level transformations:

1. *What new perspective would make this challenge feel lighter?*
2. *If you looked at this situation through the lens of growth, what would you see?*
3. _____?
4. _____?
5. _____?

6. Addressing Fear and Resistance

ACC-level questions:

1. *What's stopping you from taking action?*
2. *What fears are coming up for you?*
3. *What's holding you back right now?*
4. *What concerns do you have about moving forward?*
5. *What risks do you see in taking the next step?*

PCC-level transformations:

1. *What might be the hidden gift in this fear?*
2. *What is the real message behind your hesitation?*
3. _____?
4. _____?
5. _____?

7. Strengths and Resources

ACC-level questions:

1. *What strengths can you leverage to achieve your goal?*
2. *What skills do you have that can help you?*
3. *What past successes can you draw upon?*
4. *Who in your life can support you in this?*
5. *What external resources are available to help?*

PCC-level transformations:

1. *What inner wisdom can guide you in this moment?*
2. *What untapped strengths have yet to be revealed?*
3. _____?
4. _____?
5. _____?

8. Exploring Patterns

ACC-level questions:

1. *Have you faced a similar challenge before?*
2. *How have you handled this type of situation in the past?*
3. *What strategies worked for you before?*
4. *What habits or patterns show up in situations like this?*
5. *What did you learn from past experiences?*

PCC-level transformations:

1. *What recurring theme do you notice in your approach to challenges?*
2. *How does this pattern serve or limit you?*
3. _____?
4. _____?
5. _____?

9. Visioning the Future

ACC-level questions:

1. *What would success look like for you?*
2. *What will change when you reach your goal?*
3. *What will be different in your life after achieving this?*
4. *How will you celebrate when you succeed?*
5. *What's your ideal outcome?*

PCC-level transformations:

1. *Imagine you've already succeeded—what do you now understand about yourself?*
2. *What does this vision reveal about who you are becoming?*
3. _____?
4. _____?
5. _____?

10. Creating Accountability

ACC-level questions:

1. *What actions will you commit to before our next session?*
2. *What's your next step?*
3. *How will you hold yourself accountable?*
4. *What will help you stay on track?*
5. *Who can support you in following through?*

PCC-level transformations:

1. *What shifts in thinking or behavior will support your transformation?*
2. *What personal commitment feels most meaningful right now?*
3. _____?
4. _____?
5. _____?