

← Dylan Goggs

RESOURCE

The Three Questions

A practice I am working on.

Before offering help, I am learning to ask one question: Do you want me to listen, help you think it through, or tell you what I see? The question is really asking for permission.

If they want listening, I listen. No fixing, no verdict.

If they want help thinking, I ask questions and let their answer arrive.

If they ask what I see, I offer it as a perspective, not an instruction.

In a real conversation it usually moves through all three, and that is fine. The point is starting where the other person wants to start, not where my solution does.

I skipped this question for most of my life. I would see the problem, see the fix, and start helping before anyone asked. It felt generous. Often it was not. Nobody had given me permission to coach them. Help that was never requested lands as judgment, and it takes from the other person the chance to solve it themselves.

Some days I keep the practice. Some days I catch myself halfway through someone else's problem. The question works anyway, because every relationship runs on it: at home, leading a team, serving a client. Making a

difference in the world is fundamentally about relationships, and consent is what keeps helping from becoming harm.

Awareness is not assignment. Care without directing. Ask first.

[Download as PDF](#)

Written by Dylan Goggs, Coach. Founder, CleanStart.
dylangoggs.ca · dylan@dylangoggs.ca · free to share