

Capture His Heart: And Make Him Love You Forever 2.0

Part Two, Module 1: Worksheet

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Capture His Heart 2.1

Worksheet

How to ask powerful questions

Remember the story of Leesa and the guy in line ahead of her at the concert? She asked him three simple questions and really snagged his interest in her!

What's cool about being able to get a man interested in you is that it's so crazy-easy. Here's their deep dark (ok, not really very deep dark!) secret: Men are interested in women who are interested in THEM.

Did you follow that? Actually, it's even easier than that – guys are interested in nearly every woman who walks past, just because, you know, it's a WOMAN.

But when you have that power PLUS the ability to invite them to tell you something about themselves... Well, there are very few guys who can resist that.

So here are three quick tips that will help you ask the kinds of questions that will work for you, every single time. And at the end, I'll give you a list of some great questions that work in lots of different situations.

Sound good? Awesome.

1. Ask questions that are MORE than “yes or no” questions

And if you DO ask a Yes or No question, you can follow it up with a more open-ended one. Here's an example, then a couple for you to try out on your own:

Yes or No Question: Did your team win?

Bigger, Better Question: How was the game? Tell me all about it!

Yes or No Question: Do you like sushi?

Bigger, Better Question: _____

Yes or No Question: Did you follow *Game of Thrones* (or a particular television show)?

Bigger, Better Question: _____

2. Use the same kind of language he uses

Guys are simple, so keep your questions fairly short and clear.

Overly Wordy Question: Hey, if you've been working hard to get ahead in a particular career like health care or medical research (which is an industry that's really growing in our area these days), do you think an advanced degree program in one of those areas would be a good place for a second career person to consider investigating?

Better Question: What have you heard about the health industry-related grad schools around here?

3. Ask about action, rather than emotion.

Men rarely feel comfortable discussing emotions, even after they get to know you well. We'll be talking more about this later in the program, but for now, just know that action-related questions will work far better for you both than feeling-related questions.

Here are a few examples:

How did you get these incredible seats so near the front row?

I heard you snagged some great bargains at the Black Friday sales event... How'd you work that?

This is a pretty incredible home theater set-up. How did it all come together?

50 powerful questions to ask

A few of the items below are less questions and more invitations to talk, but you get the idea!

1. What do you love about your job?
2. What's been the best part of your day so far?
3. What's on your mind today/this week?

4. How's your favorite sports star/team faring this season?
5. What's your big adventure going to be this year?
6. What's stopping you?
7. What do you love to do when you're all alone?
8. Tell me about one of your particular strengths. What are you really good at?
9. How would you like to move forward on [name a particular project]?
10. What's the payoff for you?
11. What's your idea of a perfect day?
12. What makes a woman approachable?
13. Tell me about one of your role models growing up.
14. Which holiday do you dread most? Why?
15. How do you relax? (Or, What do you do for fun?)
16. If you could change just one thing about your life, what would you change?
17. Is _____turning out to be as satisfying as you thought it would be? Why is that?
18. How'd you get connected to this job/state/situation?
19. Tell me about one of your childhood friends.
20. Who else do you think might be able to help you with this?
21. What are your plans for the weekend?
22. What do you think is different about older women?
23. What makes someone really good to work with?
24. What's important about _____?
25. How do you like to spend your time, when you're not working?

26. Have you ever been in a really dangerous situation?
27. On a scale of 1 (awful) to 10 (awesome), what did you think about _____?
28. What particular obstacles are between you and your best future right now?
29. Tell me what insights you're gaining by being in that particular job/situation.
30. What was the most unexpected part of your vacation?
31. What kinds of movies do you like?
32. What do female friends give you that you just don't get from your male friends?
33. What would that get you?
34. What's the biggest challenge in _____?
35. Tell me about the most important thing you're involved in right now.
36. What's something you typically avoid?
37. If you could have one super-power, what would it be?
38. Why is _____ your favorite/least favorite?
39. What's missing from the picture so far?
40. What's the next level of thinking you need to do?
41. How can I support you with _____?
42. What surprised you about _____?
43. What makes you feel free?
44. Tell me what's awesome about being a man.
45. Who are some of your heroes?
46. If you could live anywhere in the world, where would you live?
47. Tell me about something you're incredibly proud of.
48. How much "alone time" do you typically like to have? How do you make sure you get it?
49. If you could see any band (living or dead, together or not), who would you love most to see?
50. What's been the biggest change for you in the past decade?