

# Stay Curious

Turn a label into a better question.

Words such as lazy or defiant can close an inquiry before it begins. Curiosity asks what happened, what else could be true, and what support or skill would make a different response possible.

## FOUR MOVES TO TRY

### 01 Name the observation

Describe what you saw rather than assigning a motive.

### 02 Ask an open question

Invite the person's account with what or how.

### 03 Consider more than one explanation

Check for context, skill, stress, relationships, and choice.

### 04 Match the response

Keep necessary limits while teaching or supporting the missing step.

## TWO WAYS TO APPLY IT

### YOUNGER CHILD

Instead of calling a child stubborn at a transition, ask what made the change difficult.

### TEENAGER

Instead of treating missed school as indifference, ask which part of the day feels hardest to face.

## COACH THE CAREGIVER

Help the caregiver rewrite one loaded label as an observable pattern and one sincere question.

## TRY IT THIS WEEK

Choose a repeated label. Write one observation, two possible explanations, and a question to test them.

## REFLECTION

What story did I tell myself before I heard the person's account?

## SAFETY AND PRACTICE

Curiosity does not excuse harm. Keep safety and boundaries in place while improving understanding.

## AUTHORSHIP AND CONTEXT

Dr. Charles Pemberton, Ed.D., developed the original Clinical Perspectives materials for the FITT team while serving as Clinical Program Director at Omni Family of Services. This website adaptation is for general education; it does not state current Omni or FITT policy. Publication rights review is pending.