

The most helpful question ever

James talking about the 'Helpful question'

It seems like such a simple question, but I find it puts me in touch with a wiser part of myself. I've used it heaps with situations that come up with my sister. To be honest, the most useful way I've used it is when it comes to worrying about things in my life.

Whenever I notice I get caught up in worries I just ask myself 'is this helpful to think about this right now'. 90% of the time I decide it isn't and I just get on with my day. The thoughts seem to keep coming back, but whenever I notice I'm thinking about them I just move my attention away to what I'm doing at the time. I sometimes imagine my thoughts as being like a cloud in the sky. They hang round sometimes, sometimes they move on, but they're nothing I really need to pay attention to.

"is this helpful?"

Why?

We love this question at Sibling Support.

Whenever you're faced with a difficult situation, just ask yourself – "what's the most helpful way to respond to this". You can use it when your brother or sister is asking for money, or asking for you to lie for them. It won't always give you the answer, but it will steer you in the right direction.

You can even apply this to thoughts – all you have to do is ask "how helpful is this line of thinking"? If you decide that thoughts aren't helpful, then leave them running in the background (like a radio playing in the back of your head). These thoughts can end up being nothing you need to listen to (but also nothing you need to push away).