

Solutions Focused Questions



Destination

What's going on right now? How are you feeling? This sounds really hard for you. Where do we want to get to? I know I can help you.



Affirm

I can see that you _____, yet I'm impressed with how you managed to do everything necessary to _____. How did you do that?



Scaling Question

Imagine there was a scale of 0-10 with 10 is exactly what you want to be and 0 the complete opposite, what point would you put yourself now?



Know how

What's the highest you've ever been on the scale? When was that? What were you doing? How did you do that? What would other people say you are already doing well?



Action

If you were one point higher on your scale. What would you be doing more of, less of or differently? What's the next small step for you to make?



Miracle Question

If you woke up tomorrow and a miracle had happened so that you're no longer _____, what would you see differently? What would be the first signs that the miracle occurred?



Review

How will you know what you have discussed today has been useful? How will you know when you are successful, what will you see? What will others see? How can you track your progress?