

## Solution-Focused Approaches

1. **Miracle Questions** [The purpose of these questions is to take the client's focus away from difficulties and focus it on a future when the problem is solved.] Suppose while you are sleeping tonight a miracle happens. The miracle is that the problem that has you here talking to me is somehow solved. Only you don't know that because you are asleep. What will you notice different tomorrow morning that will tell you that a miracle has happened?
2. **Exception Questions** [These questions explore occasions when the client's problem could have occurred, but didn't.] When was the last time you had a better day? What was different about the time that... What made it better? Where did that happen? Who was with you?
3. **Pre-session Change Questions** [Between the time people know they are coming to therapy and the time that they arrive, they have already started changing.] Between the time you knew you were coming and coming here, what have you done to make a change?
4. **Past Success Questions** [Clients may have used their strengths to solve a similar problem in the past.] Have you ever solved a problem like this before? How did you do that?
5. **Scaling Questions** [Scaling questions make complex issues more concrete and accessible to the client and the counselor.] On a scale of 1-10, with 1 being really bad and 10 being really good, where are you today? If they say "5," say, How about we try to get you to a 6? What would it take to get you to a 6?
6. **Coping questions** [Coping question accept the client's perceptions and then move on to how they are able to cope.] How do you cope? You are dealing with more than anybody should have to deal with—how do you do it?