

Solution-Focused Therapy Questions

Name:		Age:	
Gender:	Male Female Other:	Date of Session:	

Questions About Goal Formulation

What brings you here?

How is that a problem for you?

How do you think that is a problem for the other person or people?

What would go better if the problem were solved?

What would be a good outcome for you?

Questions About Exceptions

What has changed since you made an appointment for this session?

What is already going better since you made the appointment for this session?

What is already working in the right direction?

What have you already tried, and which of those things helped, even if only a little bit?

What did you do differently in the past?

Questions About Competencies

Could you tell me about your assets and good qualities?

How do you manage to _____ ?

How did you know you were able to _____ ?

How did you know what was needed?

What gave you the strength to

?

Scaling Questions

On a scale of 10 to 0, where 10 means that the problem that brings you here has been (sufficiently) solved or your goal has been reached, and 0 is the worst moment you've experienced, where are you now?

- 1 6
- 2 7
- 3 8
- 4 9
- 5 10

What does that number stand for?

How is it that you are already at that number?

What would one step higher look like?

What is different or is going differently?

Questions With Which to Conclude and Evaluate the Session

What question would you like to hear that I haven't yet asked?

What improvement would you like to tell me about next time?

What would you wish to achieve at the next session to feel that that session had been useful?

Suppose you wanted to give yourself a homework suggestion. What might it be?

What will you be doing differently after this session?

Adapted from: Bannink, F. (2010). *1001 Solution-focused questions: Handbook for solution-focused interviewing*. W W Norton & Co.