

Solution-Focused Therapy Questions

Name: _____ Gender: _____

Contact information: _____ Date of session: _____

Presenting problem:

Goals:

Instructions: Answer the questions truthfully, focusing on what worked or has worked for you. Keep your responses positive, specific, and forward-looking, focusing on solutions and small steps you can take.

I. Miracle questions

If a miracle happened while you were sleeping and your problem was solved, what would be different when you woke up?

What would be the first thing you notice when you wake up, and everything is different?

II. Exception questions

Tell me about a time when this problem wasn't happening or wasn't as bad:

What did you do differently at that time?

What would it take for you to have more of those exceptions?

III. Scaling questions

On a scale from 1 to 10, where 1 is the worst possible situation and 10 is the best, where would you rate yourself right now?

What could help you move from a 4 to a 5 on that scale?

What would a 7 look like? What would be different?

IV. Coping questions

How have you managed to get through this so far?

What strengths have helped you cope with this situation?

What would have happened if you had not been able to cope in that way?

V. Compliments and strength-based questions

What personal strengths have helped you deal with this situation?

How would you describe yourself as someone who handles challenges?

What do you think other people admire about you?

VI. Future-oriented questions

What would you like to be different in a week/month/year from now?

What do you want to make sure happens next?

If you had your way, what would be the first change you'd make?

VII. Relating questions

If I asked your family or friends about the changes they've noticed in you, what would they say?

What would your loved ones say about how you've been handling things?

What strengths do you think others see in you that help you move forward?