

# Solution-Focused

## Brief Therapy

### Miracle Question

“Suppose that one night (pause), while you are asleep, there is a miracle and the problem that you’re having in school is solved (pause).

However, because you are asleep you don't know that the miracle has already happened (pause). When you wake up in the morning, what will be different that will tell you that the miracle has taken place? What else?”



View of what's possible ... HOPE

### Focus on useful exceptions

“Between the first day of class and today, what is it that you’ve noticed that is already a little bit better?”

Need only to continue and increase what is already happening.

### Scaling



“Place yourself on a scale from 0 to 10, where 0 is the least desired condition, and 10 is the most desired outcome.”

“How is 3 different from 0?”

“How did you go all the way up to 3?”

### Coping



“Given everything you have told me about what’s going on in your life, how do you just make it through each day?”

