

Solution Focused Workbook

Title for this worksheet: _____

1. Brief Present State Description:

Where are you now?

What seems to be the problem?

2. Scaling:

Where are you now? 0 being worst
10 being the problem is no longer present

3. The Platform - What's Been Working For You:

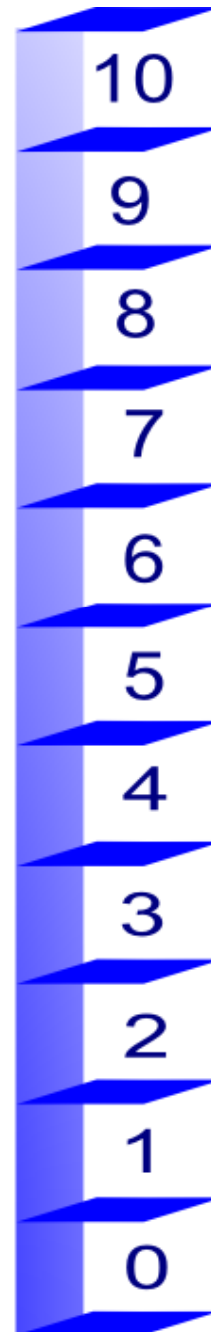


If your scale number is higher than zero:

a. What has kept the number from being any lower?

b. What are you doing already that's helping?

If your scale number is zero, how have you been handling the situation?



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4. The Outcome:

The Miracle Question: Learn to ask this question conversationally.

“Imagine that when you go to sleep tonight as usual, during the night a miracle happens and the problem vanishes.

The issues that have been concerning you are resolved, but you’re asleep, so you don’t know that the miracle has happened.”

When you wake up tomorrow, how do you know that the miracle has happened?
What do you see, hear, feel?

How do you know that the transformation has occurred?

What is different now that the problem has vanished?

Now that the change has happened, what will you be doing differently?

**How would you know the solution is happening?
Make it positive, observable, detailed.**



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5. Becoming a Solutions Detective – Finding Clues

1. When does the Outcome happen?

Even a little bit?

What are you doing differently then?

How are you thinking differently then?

What are you noticing or observing differently?

How are you perceived by others as acting differently?

If others think you are acting differently, do they respond differently?

2. When is the problem not so bad?

3. Recall the most recent time the problem didn't happen (but you might have expected it to) – what happened instead?

4. When you have tackled this kind of problem before, what was the most help?
What skills and resources did you discover then?

5. Who else has achieved this?



Collect as many solution clues as you can.
The more solutions clues, the better!

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6. Affirm The Solution Clues

Ask about each clue listed:



What did you do to make that happen?

How did you do that?

How did you come up with the idea to do that?

What else goes through your mind as you think about that?

7. Designing **Small Actions**

Small actions can be either “more of what is already working” or something different from what is not currently working.



1. What is a small action that can be taken immediately – by end of day tomorrow?
Specific and clearly defined.
2. What action might surprise people?
3. What might happen if you change the time or place of the situation?
Does that make a difference?
4. What ideas can you get from similar situations that go well for you?
5. Who would make a good model for you doing something different?
6. What happens if you change how you are paying attention or what you are paying attention to?
7. Imagine a future that leads back to solutions in the present.