Solution Focused Template

Title for this worksheet: _____

1. **Brief Present State Description**

   Where are you now?

   What seems to be the problem?

2. **Scaling:**

   Imagine a scale. The scale runs from 0 to 10, where 10 represents the state of affairs when the problem no longer exists and you have reached your desired outcome. Zero stands for when none of the things that you want is happening (or when the problem is at its worst). Where are you now?

3. **The Platform:**

   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.

4. **The Outcome:**

   The Miracle Question: Suppose that tonight you go to sleep as usual and, during the night a miracle happens and the problem vanishes. The issues that concern you are resolved, but you're asleep, so you don't know that the miracle has happened. When you wake up tomorrow, how will you know that the miracle has happened?
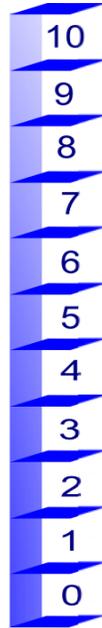
   How will you know that the transformation has occurred?

   What will be different when the problem has vanished?

   What would the next small step up the scale look like?

   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 Miracle 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:

1. What do you suppose you did to make that happen?

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

3. 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 type of 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.

7. The Review:

What's better?

How did you do that?

What's next?