

General Solution Focused Question Sequence

1. What are your best hopes for this meeting?
2. When you are feeling better (e.g., more hopeful, less pain, less anxiety etc. . .) what will be different?
3. What difference will that make for you?
4. Miracle question
5. What will you be feeling instead of (e.g., depression, anxiety, grief etc. . .)?
6. How will that make a difference for you?
7. How will that make a difference for your family?
8. Who in your life will notice the difference or what will they notice has changed about you?
9. What difference will seeing this change in you make for that person?
10. How might this change your relationship with this person?
11. When was the most recent time that you experienced even a small part of that miracle picture? What does that tell you?
12. Scaling question: If 1 stands for how things are now, and 10 stands for the miracle picture, where are you right now?
13. How is that a 2 and not a 1? Or, what does a 2 look like compared to a 1?
14. Where would you like to be on this scale?
15. What needs to happen between now and the next time we see each other for you to move just a little bit closer to a 10 on your scale?
16. What small thing can you do to move yourself forward along this scale between now and the next time we see each other?
17. If you do move forward on the scale as you plan to, what will your wife/husband/child/boss/best friend/beloved pet etc. . . notice?

Sequence Paraphrased from Pages 74 and 75 of Fiske, H. (2008). *Hope in Action: Solution-Focused Conversations About Suicide*. Taylor and Francis Group, LLC, NY.