

Solution Focused Practice
Aide Memoire

Problem Free Talk.

Hobbies, interests, past successes, current competence.

Goals.

Could you tell me a little about what brought you here today?

And if the time today is useful, what will have happened?

Best Hopes & Goals for the session.

Best Hopes & Goals for the future.

Exceptions.

Exceptions: when the problem doesn't happen, when it happens less.

Miracles & Preferred Futures.

The Miracle Question.

Who will notice that change has occurred? What will they notice?

Who will be least surprised? Why?

Who will be most surprised? Why?

Scales.

Life satisfaction, confidence change will happen, present state etc.

Describe what X is like?

What score would be good enough?

What will get you one point up the scale? Why not one point lower?

Resources and Survival: How do you? How will you continue to..?

And yet...?

And.....

Give yourself positive feedback, compliments.

'Today I did the following things well'

Homework. Flip a coin, noticing, do something different,

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