

Miracle Questions

The “**Miracle Question**” is the opening piece of the process of developing well-formed goals. It gives clients permission to think about an unlimited range of possibilities for change. It begins to move the focus away from their current and past problems and toward a more satisfying life.

It literally asks clients to disregard their current troubles and for a moment imagine what their lives would be like in a successful future. It creates a vivid image or vision of what life will be like when the problem is solved and the client can see some hope that life can be different.

To engage someone in the FGDM process you can ask them the following questions:

Example of a question:

“Now, I want to ask you a question. Suppose that while you are sleeping tonight and the entire house is quiet, a miracle happens. The miracle is that the people that you have known and loved are available to assist you and provide support. However, because you are sleeping, you don’t know that the miracle has happened. So, when you wake up tomorrow morning, what will be different that will tell you that a miracle has happened and the people you care about are around to provide support to you and your family.”

(adapted from de Shazer, 1988)

Possible key follow-up questions:

- If the miracle happened what will be the first change you will notice?
- If it occurred, what would you notice different around your house?
- Who would be around you?
- What would they be doing to provide support?
- What would they be saying?
- Would you be willing to have a FGC to make part of this miracle come true?

What you may learn by using this technique:

The use of the miracle question helps you and the client to identify if the client can visualize and even begin to see the solution to the problem. If they have any hope for themselves; if they want an improved situation.

Your Notes and Examples- you may use the back of the sheet as needed:
