

## *A Change I Want to Make*

**Part I – Description of the problem/goal/change and desired outcome** (*To be completed by the person who will be interviewed*).

**Step 1:** Identify a goal, problem, or habit that you would like to accomplish, resolve or change, but have had difficulty accomplishing. The problem, habit, or circumstance needing change should be one that you would feel comfortable sharing with another group member.

**Step 2:** What are you doing now to resolve the problem or make the change?

**Step 3:** How is that working?

**Step 4:** What will be different in your life when these changes happen?





## *A Change I Want to Make (cont'd)*

### Part III – The “Miracle Question” and follow-up questions (*Interviewer to complete.*)

#### Step 1: Pose the “Miracle Question”

**“Now, I want to ask you a strange question. *Suppose that while sleep tonight, and the entire house is quiet, a miracle happens. The miracle is that someone solved the problem that brought you here (or to the attention of CYA). However, because you slept, you didn’t know that the miracle happened. So, when you wake tomorrow morning, what would be different that tells you that a miracle happened, and the problem that brought you here became solved?* (Adapted from de Shazer, 1988)**

#### Step 2: Use follow-up questions

- What will be the first thing you notice that would tell you that a miracle happened; that things are different?
- What else would tell you that things are different/better?
- What might others who know you (mother, father, spouse, partner, siblings, friends, work associates, teachers, and etcetera) notice about you that would tell them that the miracle has happened, that things are different or better?
- How would they react?
- Then what would you do?

