

THE MIRACLE QUESTION

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. The question begins to move the focus away from our clients’ current and past problems and toward a more satisfying life.

“Now, I want to ask you a strange question. *Suppose* that while asleep 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 CYS)*. 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)