

# EXCEPTION QUESTIONS

**Exceptions** are those occasions in clients lives when their problems could have occurred but did not – or at least were less severe. Exception questions focus on who, what, when and where (the conditions that helped the exception to occur) - NOT WHY; exceptions should be related to client goals.

# COPING QUESTIONS

**Coping questions** are related in a way to exploring for exceptions. They attempt to help the client shift his/her focus away from the problem elements and toward what the client is doing to survive the painful or stressful circumstances.