

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. It begins to move the focus away from their current and past problems and toward a more satisfying life.

“Now, I want to ask you a strange question. Suppose that while you are sleeping tonight and the entire house is quiet, a miracle happens. The miracle is that the problem which brought you to the attention of CYC is solved. 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 problem is solved?”

(adapted from de Shazer, 1988)