

Solution-Focused Questions

Exception Questions: Questions that elicit information about those occasions in a client's life when their problems could have occurred but didn't – or were less severe. Exception questions focus on who, what, when and where – NOT why.

Scaling Questions: Questions that invite clients to put their observations, impressions, and predictions on a scale of 0 to 10, with 0 being no chance, and 10 being every chance. Questions need to be specific, citing specific times and circumstances.

Miracle Question with Follow-Up Questions: Questions focused on the “miracle” gives the client the permission to think about and unlimited range of possibilities for change. It begins to move the focus away from their current and past problems and more toward a more satisfying life.