



Below are some sample questions for solution-focused conversations, derived from my training with BRIEF, my work with Felina Heart, and from experience. Although SF Language should be created from your own SF Listening and SF Looking, you might find it interesting to compare questions you use to some of the ones you find below.

What's Wanted (Best Hopes and Preferred Future)

Best Hopes

- What are your best hopes from our session today?
- What will it take for you to say that this has been worthwhile?
- How will you know it is useful coming here today?
- To what do I owe this pleasure?

Preferred Future

- Imagine you have what you desire. What will be the first small signs that the day is going well?
- What will be different in your life?
- How will you know that you are happier?
- Who would be least surprised by this change that you have made?

What Works / Exceptions and Coping

- When doesn't the problem happen?
- When are the times that you are feeling better?
- When are the times when it bothers you the least?
- When you've faced this sort of problem in the past, how did you resolve it?
- Looking back, what tells you that you have always been capable of doing this?

Differences

- What difference is it making to you now?
- What difference will it make to you in the future?

Scaling

- On a scale of _-10, with ten presenting who you would like it to be and _ being the other end, where are you today?
- What is it that has helped you to get from _ to where you are now?
- How come you aren't lower on your scale?
- What does this teach you about yourself?
- If you were to go up one point on your scale, what effect do you think this might have?
- What is it that tells you that things are at that point on the scale?
- Who will be the first teacher at school to notice things have moved up one point on your scale?
- How will you know things have moved forward one point?
- What things will you be doing that will tell/others that you have moved up?
- So if you are at a _ now, what will you be doing that will tell you that you have reached a _?

Redirecting Negative Talk

- It sounds like things are very difficult at the moment, and you have managed to get through. How do you think you have done that?
- The situation sounds pretty overwhelming; how do you cope?
- How have you been getting through?
- How come you have not given up hope?
- What might your best friend admire about the way that you have been struggling with this?
- What have you been doing to stop things from getting worse?

Follow up Meetings

- Between now and when we next meet, you might like to look out for any changes.
- What have you noticed since we last met?
- What do you know about yourself that you didn't know last week?
- What's been better?
- What's the difference?
- What have you been pleased to notice?
- What difference has that made?
- What difference is that making?