



## *SF Sample Questions*

Similar questions can be found via resources provided by BRIEF, SFU, and others. *After* you have honed SF Looking and SF Listening, review the questions below to see if you find any useful alternatives to what you have already been using.

### What's Wanted (Best Hopes and Preferred Future)

#### Best Hopes

- What are your best hopes for talking today?
- What will it take to show our meeting has been worthwhile?
- How will you know it is useful coming here today?

#### Preferred Future

- Imagine you have succeeded in achieving \_\_. What are the first small signs that the day is going really well?
- What is different on this better day?
- How do you know that you are happier on this better day?
- Who will likely notice this change first?

### What Works / Exceptions, Coping, and Resources

- How do you keep going?
- When are the times when (*the challenge*) bothers you least?
- When are the times you succeed even just a little despite the challenges?
- When you have faced this sort of problem in the past, how did you get through 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 1-10, with ten representing butterflies, puppy dogs, and success and 1 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 in 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 you are at a (*number given*) on the scale?
- Who will be the first person to notice things have moved up on your scale?
- What will be the first small sign that you have moved up 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 now and you have managed to keep going. How do you think you have done that?
- The situation sounds overwhelming; how do you keep going?
- How have you been getting through things?
- What might your best friend/teacher/mom admire about the way that you have been coping with this?
- What have you been doing to stop things from getting worse?

## Follow-up Meetings

- 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 difference has that made?
- What difference is that making?