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## **Miracle Question Solution Focused Worksheet**

Solution focused brief therapy aims to get the client to imagine change, to imagine the future. The Miracle Question is instant therapy. The Miracle Question focuses your mind on exactly how to achieve what you want. Focusing on

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your future goals is the essence of Solution Focused Therapy.

## **Solution Focused Therapy using the Miracle Question**

Showing top 8 worksheets in the category - Miracle Question. Some of the worksheets displayed are The miracle question work the problem, Miracle

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question grd, Initial session solution focused questions, The miracle question, The miracle question solution focused, Introduction to solution focused brief therapy, Miracle on the hudson, Gregs sfbt handout.

## **Miracle Question Worksheets - Printable Worksheets**

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The Miracle Question Worksheet The Problem: Write down in one sentence, the (main) problem that brings you here today... What if, while you were asleep tonight, a Miracle happened and your problem was solved. When you wake up tomorrow, you don't know that it's solved, but it has been...



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**The Miracle Question Worksheet**  
**The Problem**

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## **Solution Focused Brief Therapy (SFBT) Worksheets ...**

The most well-known Solution Focused  
technique is the Miracle Question.  
Although there are various nuances of

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the Miracle Question, the general idea is to ask the client: "How will your life be different if a miracle occurs, and the problem that brought you into therapy no longer exists."

## **Solution Focused Therapy Questions**

The 'miracle question' is another technique frequently used in SFT. It is a

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powerful tool that helps clients to move into a solution orientation. This question allows clients to begin small steps toward finding solutions to presenting problems. It is asked in a specific way and is outlined later in this article.

## **7 Best Solution-Focused Therapy Techniques and Worksheets ...**

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The miracle question is a very well known intervention in solution-focused therapy. The miracle question is asked with the intention of helping the client elicit a goal as well as to create solutions to their problem. Steve de Shazer (1988) posed the standard version of this question. SFT Interventions - The Anxious Mind

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## **Solution Focused Interventions**

The most well-known Solution Focused technique is the Miracle Question.

Although there are various nuances of the Miracle Question, the general idea is to ask the client: "How will your life be different if a miracle occurs, and the problem that brought you into therapy

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no longer exists.”

## **Initial Session Solution-Focused Questions**

The miracle question, created by Steve de Shazer one of the pioneers of solution-focused therapy in 1988, is a great ‘thought experiment’ and a creative way to devise good therapeutic goals. The

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miracle question basically asks people to make believe, however fantastical it may be in their particular circumstances, that their life has already dramatically changed for the better .

## **3 Miracle Question Examples to Use With Your Therapy ...**

The Pennsylvania Child Welfare



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Resource Center 301 Engaging Clients  
from a Strength-Based, Solution-Focused  
Perspective Handout #9, Page 1 of 4  
SOLUTION-FOCUSED INTERVIEWING .  
SKILLS & QUESTIONS • Open-ended  
Questions: “Can you tell me about your  
relationship with your parents vs.

## **SOLUTION-FOCUSED INTERVIEWING**

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## **SKILLS**

The Miracle Question The miracle question is well known as an exercise used in solution focused therapy (also known as brief therapy) where a focus is placed on imagining what your preferred future would be like and trying to work towards that future in a step-by-step way. Here is one version of the exercise:

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1.

## **The Miracle Question from Brief Solution Focused Therapy**

Displaying top 8 worksheets found for -  
Miracle Question. Some of the  
worksheets for this concept are The  
miracle question work the problem,  
Miracle question grd, Initial session

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solution focused questions, The miracle question, The miracle question solution focused, Introduction to solution focused brief therapy, Miracle on the hudson, Gregs sfbt handout.

## **Miracle Question Worksheets - Learny Kids**

Linda Metcalf, Ph.D. is founder of the

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Solution Focused Institute of Fort Worth, Texas and author of ten books including The Miracle Question: Answer It and Change Your Life. Beyond writing and ...

## **Cool Intervention #10: The Miracle Question | Psychology ...**

Linda Metcalf, Ph.D. is founder of the Solution Focused Institute of Fort Worth,

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Texas and author of ten books including The Miracle Question: Answer It and Change Your Life. Beyond writing and ...

## **Cool Intervention #10: The Miracle Question | Psychology Today**

History of Solution Focused Brief Therapy (SFBT) and the Solution Focused Approach (SFA) The

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development of SFBT has been influenced by the findings (and discussions between) several researchers and practitioners over the past 60 years. Key to this process has been Milton Erickson, Gregory Bateson, John Weakland, Steve de Shazer and Insoo Kim Berg.

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## **GREG'S SFBT HANDOUT**

Solution-focused therapy, developed by Steve de Shazer and Insoo Kim Berg at the Brief Family Therapy Center, Milwaukee, is based on these principles. The beauty of solution focus is that it's simple to use. Although it originated as a therapy method, it can be used in coaching, in solving business problems,



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and you can use it to help ...

## **Solution Focus - how to use the "Miracle Question"**

2 Scaling Questions • On a scale from 1 to 10, where 1 is the worst and 10 is the best, where are you today? • How did you manage to remain at that number? • What would one step higher look like? •

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How would you notice you have gone up one point? • How would others see that you have taken a small step? • How do you keep from being at a lower number?

## **Solution Focused Brief Therapy Questions**

What you need is a miracle... a miracle question, that is. Therapists who use

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cognitive behavior approaches to treatment often employ this technique in brief, solution-focused sessions with clients. It is a cognitive (or mental) exercise that encourages the client to use his imagination to get unstuck and to find solutions to his own problem.

## **Problems Solving with Kids Using**

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**the Miracle Question ...**

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