
Miracle Question Solution Focused Worksheet

solution focused therapy using the miracle question - solution focused therapy using the miracle question try the miracle question test: suppose you woke up one morning and by some miracle everything you ever wanted, everything good you could ever imagine for yourself, had actually happened - your life had turned out exactly the way you wanted it. think about it now. **initial session solution-focused questions** - 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 no longer exists." the miracle question is a way of generating ideas for **miracle question grd - netzwerk os't** - the miracle question steve de shazer (bftc) the miracle question was developed beginning in the early 80s and i have been using it in almost every first session ever since. i think my (our) initial mistake was to call it "the miracle question" when it has never been just a simple question. **using the miracle question in community engagement and ...** - using the miracle question in community engagement and planning leslie d. hollingsworth, paula allen-meares, trina r. shanks, & larry m. gant actively engaging community members in the revitalization of their neighborhoods is a goal of numerous planning initiatives. **the miracle question worksheet the problem** - 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 **solution focused therapy for alcohol and substance use ...** - techniques used in solution-focused brief therapy 1. pre-therapy change (what have you done since you made the appointment that has made a difference in your problem?) 2. miracle question (if a miracle happened and the problem you have was solved while you were asleep, what would be different in your life?) 3. **solution-focused brief therapy: overview and implications ...** - solution-focused method including (a) coping questions, (b) exception-finding questions, (c) the miracle question, (d) scaling questions, and (e) task-development questions. these questions are explained briefly below. questions significant to solution-focused therapy coping questions birdsall and miller (2002) described **utilizing the miracle question in weight control treatment ...** - miracle question 5 utilizing the miracle question in weight control treatment the growth of obesity obesity has transformed into a worldwide health epidemic. in the united states, the prevalence of overweight adults has increased dramatically over the past 30 years.

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