

Outcome Questions

Please describe the outcome that you seek below. Skip anything that can't be answered at this time. Guessing is okay. Extra paper may be added.

Some Questions might include:

1. "What has to be different as a result of you talking to me?"

2. "What do you want to achieve?"

3. "What would need to happen for you to feel that this problem was solved?"

4. "How will you know when this problem is solved?"

5. "When this problem is solved, what will you be doing and feeling instead of what you *used to do and feel*?"

What happens when the problem doesn't occur? For example:

6. "When is a time that you noticed this problem wasn't quite as bad?"

7. "What was happening at that time? What were you doing different?"

If there are no exceptions, then what about hypothetical exceptions using the "Miracle" question:

8. "Suppose one night there is a miracle while you are sleeping, and this problem is solved. Since you are sleeping, you don't know that a miracle has happened or that your problem is solved. What do you suppose you will notice that's different in the morning, that will let you know the problem is solved?"

9. "What would other people around you notice that was different about you?"

10. "What would other people around you do differently then?"

11. "What would it take to pretend that this *miracle had happened*?"

Ask yourself solution focused questions in your daily life.

12. **Before you get out of bed in the morning ask yourself:** "What are three things that I am looking forward to today?" (Do this exercise daily for surprising results!)

13. **When you go to bed at night ask yourself:** "What are three things I valued in what happened today?" (Do this exercise daily for surprising results!)
