

List of Questions Lead-In

The most difficult part of mastering new concepts and skills used in SFBT is like learning a new language and learning to think differently. The following are some suggestions to make you feel comfortable using Solution-building conversations.

Wh Questions (What, Who, Where, When, Which, and How)

What does ____ expect to come out of your coming to this meeting?

What needs to come out of this meeting so that you can say this is helpful?

Which part do you agree with and which part do you disagree with?

What tells you that you are at 5?

Tell me about the times when you are more productive? What is different then?

What do you know about him/her that tells you that he/she can do this?

What difference is it going to make in your ____?

How would that be helpful to you?

What has been changed, even a little bit, since you made this appointment?

Tentative Language (Perhaps, it seems, suppose, it appears, it sounds like . . .

I am not sure about this, what do you suppose . . .

Do you suppose . . . ?

It sounds like what you really want is . . . to be more hopeful about yourself.

I'm not it will happen, but suppose, just suppose your son changed . . . How would that be helpful to you? What difference would it make to your relationship?

What will change in your ____ (depression, fighting, drug use, etc)?

Relationship Questions

What would your best friend (boss, mother) say you are like when you are calmer?

What would ____ notice different about you that will tell her that things are better?

What would your daughter say she likes best about your being sober? (Not What your daughter would say she hates about your being drunk?)

Personal Meaning and Language

You are clear about not doing drugs. What about it that is so important not to do drugs?

You must have a good reason to . . . ?

So, how would that be helpful for you to (not go to work, stay in bed, drink more . . .)?

What Else?

What else would it take for you to stop drinking and stay sober?

What ____ would say it would take for you to stay sober?

LOOKING FOR EXCEPTIONS

TELL ME ABOUT TIMES WHEN THINGS WERE GOING WELL FOR YOU?

WHAT WERE YOU DOING THEN?

HOW HAVE YOU SOLVED THIS PROBLEM IN THE PAST?

WHAT DO YOU DO THAT HELPS WITH THIS PROBLEM?

WHAT ARE YOU DOING THAT HELPS YOU MOVE CLOSER TO YOUR GOALS?

WHAT WOULD I SEE YOU DOING WHEN THIS PROBLEM IS SOLVED?

WHAT WOULD OTHER PEOPLE SEE YOU DOING?

HOW DOES SOLVING THIS PROBLEM MAKE A DIFFERENCE FOR YOU?

BASIC ASSUMPTIONS OF SOLUTION BUILDING

We are useful to people when we see the potential that they don't notice

People are experts about their life

People are doing the best they can

People want to save face, feel competent and be in control

People are NOT categories or stable states

Change is constant and inevitable

People can create their own solutions

Small change leads to big change (small is big)

We construct meaning with language

Asking good questions allows the individual to utilize their resources

“Not knowing” creates opportunity for the client to construct their own solutions

There is no clear relationship between problems and solutions

Everything is connected

Attend to what works

If it ain't broke – don't fix it

If it works – do more of it

If it doesn't work – do something different

You see the world through your eyes so make sure you choose your eyes carefully

COPING QUESTIONS

HOW DO YOU MANAGE TO COPE?

WHAT MAKES YOU GO ON?

WHAT HAVE YOU DONE TO KEEP THE SITUATION FROM GETTING WORSE?

WHAT DO YOU SAY TO YOURSELF THAT MAKES YOU GO ON?

WHAT WOULD OTHERS SAY YOU HAVE DONE TO COPE WITH THIS?

WHAT HELPS YOU DEAL WITH THIS?

WHAT DOES YOUR ABILITY TO DEAL WITH THIS TELL YOU ABOUT YOUR STRENGTHS AND ABILITIES?

HOW DID YOU GET SO STRONG?

COMPLIMENTS

Compliments are powerful interventions. We constantly use various types of direct, indirect and frame changing compliments. Many people rarely receive compliments.

Direct Compliments

- 1. WOW, I'm amazed at how well you have done with this!
This is an impressive change that you have accomplished!**
- 2. You talked so clearly and expressed yourself so well. I'm amazed at how confident you have become!**

Indirect Compliments

- 1. How did you manage to be so calm when all that was going on?**
- 2. I wonder what other people have noticed about what you have accomplished?**
- 3. Who else has noticed what you have accomplished?**
- 4. I'm very impressed with what Bob has done with his goal, aren't you?**

Frame Changing Compliments

- 1. What does all this accomplishment mean about you?**
- 2. I see you are the kind of person who can really make changes when you put your mind to it.**
- 3. You are a young man who knows how important it is to listen.**
- 4. What do you suppose it says about you that you want to be a better Dad than your father was to you?**

GIVING THE GOAL TASK

USEFUL

Create a goal for yourself that will be useful to you in improving your life

INTERPERSONAL

The goal should be one that is interpersonal in nature; in other words, when you work on the goal, another person will be able to notice the changes you've made and potentially they would be affected by the change in how you behave

NEW

The goal needs to be something different, a behavior that you have not generally done before

REGULAR

The goal needs to be a behavior that you can practice on a regular basis

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GOAL FORMULATION

What specifically are you going to do? (think small)

When are you going to do it?

How are you going to do it?

Is it doable?

Who will notice that you are doing it?

What difference do you think it will make?

On a scale of 1 – 10, if 10 is the highest and 1 is the lowest, how confident are you that you will do it?