

**Solution Focused Practice**  
**Aide Memoire**

**Problem Free Talk.**

Hobbies, interests, past successes, current competence.

**Goals.**

Could you tell me a little about what brought you here today?

And if the time today is useful, what will have happened?

Best Hopes & Goals for the session.

Best Hopes & Goals for the future.

**Exceptions.**

Exceptions: when the problem doesn't happen, when it happens less.

**Miracles & Preferred Futures.**

The Miracle Question.

Who will notice that change has occurred? What will they notice?

Who will be least surprised? Why?

Who will be most surprised? Why?

**Scales.**

Life satisfaction, confidence change will happen, present state etc.

Describe what X is like?

What score would be good enough?

What will get you one point up the scale? Why not one point lower?

Resources and Survival: How do you? How will you continue to..?

And yet...?

**And.....**

Give yourself positive feedback, compliments.

'Today I did the following things well'

Homework. Flip a coin, noticing, do something different,

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