

Questions Working Towards Action Steps (Adapted from the “Solution Focused” Approach Model of Kim Berg and Steve de Shazier as well as, Denise Krause and Sue Green’s training materials from the University of Buffalo)

Was there a time when things were better?

Have you ever been in this situation before?

How did you get through it then?

What was most helpful?

How did you manage to prevent it from getting worse?

What is it going to look like when things get better?

What is your desire goal?

What are you trying to achieve?

What are your best hopes?

What would you like your future to look like?

Suppose a miracle occurred and while you slept, your problem was solved... How would you know? What would be different? Without being told, how would the people around you know?

On a scale of 1 to 10, 1 being the worst and 10 the best, where are things right now?

What tells you, you are a 3 and not a 2?

What will you be doing different when you are a 4 and not a 3?

Where do you want to be next week in light of this?

What will it take to do it?

Catholic Family Center workshop