

Solution Focused Question Bank

Solution Focused questions are used in Signs of Safety/Wellbeing or Success to help stimulate conversations with individuals.

Types of Solution Focused Questions

Relationship Questions - Allow a person to explore someone else's perspective.

Exception Questions- To help a person think about a time when their problem wasn't present or was less severe and dealt with in a good way.

Impact Questions- Explore what the impact of an event was.

Coping Questions- Coping questions explore how someone has coped even when the problem was present.

Miracle Questions- Imagine what your life would look like if your problems were all solved?

Goal Formulation Questions- To help the individual think through what their goal is.

Scaling Questions- Scaling questions give individual interpretation of information and promotes conversations around change

Examples of Solution Focused Questions

Relationship questions

- If I asked Auntie Sally what her biggest worry was for you, what would she say?
- Who would the child say they could speak to if they had a worry?
- What would the family say they want to change the most with the help of professional support?

Exception questions

- Thinking about a time where you felt angry and you would have normally used drugs, but didn't, how did you manage this? What did you do?
- When the problem would usually be present, but you managed to prevent that from happening, what did you do differently?
- What's a time when you made yourself safe? What were you doing when _____ was happening?
- Tell me about a time when you haven't been as worried as you have been in the past?

Impact questions

- What have you seen that has made you think the event had a positive or negative impact upon the child?
- What has the child told you about the situation that has made you worry about the impact it has had upon them?

- What would Mum/Dad say about their childhood that has had the biggest impact upon them in adulthood?

Coping questions

- Thinking about a difficult situation you have dealt with in the past, what kept you going? How did you deal with this well? What made you do well when you felt like giving up? What made you not give up?
- There have been other times where you felt like giving up but didn't, what was it about these times that gave you the courage to carry on and deal with the situation in good way?
- How is the child/family coping?
- Even though the family are going through a challenging time what are we seeing that makes us confident they are coping?
- What would the network say the family are doing well to manage through this difficult time?

Miracle questions

- If you woke up tomorrow and your wish had come true, how would you know? what would you be doing? What would they be doing? What would you see?
- What would your dream life look like?
- If all your problems have been resolved what would your life look like?

Goal formulation questions

- If you thought about how, you would like things to be in three months' time, what would this look like and what would you see?
- What would life be like for you if you reached your end goal?
- Thinking of your biggest goal, what do you need to happen to help you reach this?

Scaling questions

- On a scale of 0 to 10, where 10 is you're Mum/Dad are doing everything, they can to change their behaviour, and 0 is that they are making no effort to change their behaviour.
- On a scale of 0 to 10, where 10 is your as happy as you can be at home and have no worries, and 0 is that your scared and sad at home.
- On a scale of 0 to 10, where 10 is you feel your family network fully understand the worries and are doing everything they can to help you and keep your child safe, and 0 is that the family network aren't supportive and don't think it is their responsibility to keep your child safe.

For each scaling question you would ask: Where would you scale? How would you get one score higher? What would you need? What can we do? What could you do? What might get in the way of this goal?