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| **Second Solution Focused Meeting (Student)**  **Date:**  **Student initials:** | |
| **Opening** |  |
| **Exploring change:**  What is better this week?  What have you done this week that was useful? How have you kept going through the tough times this week? |  |
| What’s been better since we last met?  What did you do?  How did you do it?  What did others see you doing?  Which friend do you think was the first to notice?  What have you learned about yourself?  What difference particular changes have made to other areas of the client’s life.  What would people say about you this week?  If you were listening to the radio and heard someone describing what you have just described what do you imagine you would think of her achievement?  What would be the signs that you were doing more of the things that are good for you? |  |
| **Eight questions if things have got worse (optional):**  1. What are your best hopes from this session? 2. What parts of your life have stayed okay even through such a bad period?  3. What have you been doing that has prevented it from being even worse?  4. What are the ways you have managed to cope with such difficulties during this time?  5. How have you managed to deal with such difficult situations before?  6. What do you think might be the first sign that you are getting back on track again?  7. Where, between 0 and 10, would you rate your confidence of getting back on track?  8. What has prevented you from giving up even though things have been so bad? |  |
| **Next signs of progress:**  Scale  Towards the end of follow-up meetings the coach will ask questions which invite the client to specify what further tiny evidence of change might look like, and again scale questions are useful for this purpose. |  |
| **Closing:**  Summarise for the client  You seem to be….  You feel that….  You want to…..  Strategy for this week – what on thing could we do this week to move you up the scale?  **Homework:**  Notice when…….. |  |