

## *What Is The Miracle Question In Solution Focused Therapy*

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### **What Is The Miracle Question**

With video demonstration. The miracle question, created by Steve de Shazer one of the pioneers of solution-focused therapy in 1988, is a great 'thought experiment' and a creative way to devise good therapeutic goals. The miracle question basically asks people to make believe, however fantastical it may be in their particular circumstances,...

### **3 Miracle Question Examples to Use With Your Therapy ...**

The Miracle Question. The miracle question is well known as an exercise used in solution focused therapy (also known as brief therapy) where a focus is placed on imagining what your preferred future would be like and trying to work towards that future in a step-by-step way. Here is one version of the exercise: 1.

### **The Miracle Question from Brief Solution Focused Therapy**

The Miracle Question is a goal setting question that is useful when a client simply does not know what a preferred future would look like. It can be used with individuals to set the course for therapy, with couples, to clarify what each person needs from each other and with families,...

### **Cool Intervention #10: The Miracle Question | Psychology Today**

The Miracle Question is a popular question in Solution-Focused Therapy -- a type of therapy that focuses less on problems and the past and more on solutions and the future. The genius behind this question is that it forces you to stop thinking about why you can't achieve something and allows you...

### **Can You Answer the Miracle Question? - CBS News**

Think about your goals for the future. This exercise is called the miracle question. It is a question that coaches often ask their clients in order to help them think about what they want to change about themselves [i]. Your answers to the questions will have helped you begin to think about this, but even so the questions are not always easy...

### **Use the Miracle Question | Psychology Today**

Miracle question. The Miracle Question The miracle question is a method of questioning that a coach, therapist, or counselor uses to aid the client to envision how the future will be different when the problem is no longer present. Also, this may help to establish goals. A traditional version of the miracle question would go like this:...

### **Miracle question - Wikiversity**

The Miracle Question is instant therapy. The Miracle Question focuses your mind on exactly how to achieve what you want. Focusing on your future goals is the essence of Solution Focused Therapy. Solution focused therapy ignores what is past, what has happened, the history of the problem.

### **Solution Focused Therapy using the Miracle Question**

Secrets of the Miracle Question in Counseling: Part I You might want to sit down because this could take a while. Developed in the 1970s by Insoo Kim Berg and Steven de Shazer, the miracle question has become a very popular therapy intervention.

### **Secrets of the Miracle Question in Counseling: Part I**

The miracle question. The strange question is this: [pause] After we talk, you will go back to your work (home, school) and you will do whatever you need to do the rest of today, such as taking care of the children, cooking dinner, watching TV, giving the children a bath, and so on. It will be time to go to bed.

### **Solution-focused brief therapy - Wikipedia**

Miracle Question (MQ) T: Good. The strange question is this; After we talk, you go home (go back to work), and you still have lots of work to do yet for the rest of today (list usual tasks here). And it is time to go to bed . . . and everybody in your household are sound asleep and the house is very

quiet . . .

### **What is Solution-Focused Therapy? - Institute for Solution ...**

Are you dealing with the same problems over and over again in your home? Do you feel stuck in a bad version of Groundhog Day? What you need is a miracle . . . a miracle question, that is..

Therapists who use cognitive behavior approaches to treatment often employ this technique in brief, solution-focused sessions with clients.

### **Problems Solving with Kids Using the Miracle Question ...**

The miracle question could be the foundation, the thing to keep people pursuing a brighter future. Even outside of the therapy room, if someone asked themselves every morning what life would be like today if a miracle truly occurred might help them focus on the health and sobriety they crave.

### **The Miracle Question That Can Help Keep Sobriety on Track ...**

The miracle question is not meant as a stand-alone question even if it alone sometimes seems to bring about positive changes in clients. In order for it to yield therapeutic effects, the miracle question, as a rule, needs to be bundled with further questions the aim of which is to help the client discover strategies for making their miracle ...

### **Ben Furman**

Using the Miracle Question in Community Engagement and Planning Leslie D. Hollingsworth, Paula Allen-Meares, Trina R. Shanks, & Larry M. Gant Actively engaging community members in the revitalization of their neighborhoods is a goal of numerous planning initiatives.

### **Using the Miracle Question in Community Engagement and ...**

A 'miracle question' is a provocation, an invitation to leap beyond the confines of the problem. It names the underlying 'truth' of a situation and helps to shift our sense of what's possible. Let us show you how asking a different type of question can change how you approach challenges.

### **The miracle question - Future Considerations**

THE MIRACLE QUESTION Steve de Shazer (BFTC) The miracle question was developed beginning in the early 80s and I have been using it in almost every first session ever since. I think my (our) initial mistake was to call it "the miracle question" when it has never been just a simple question.

### **miracle question grd - Netzwerk OS'T**

MIRACLE 1. an effect or extraordinary event in the physical world that surpasses all known human or natural powers and is ascribed to a supernatural cause. 2. such an effect or event manifesting or considered as a work of God. 3. a wonder; marvel. 4. a wonderful or surpassing example of some quality: a miracle of modern acoustics.

### **What is the definition of a Miracle? | Yahoo Answers**

Although the miracle question technique is a good starting point, there's still a lot of work to do. After realizing that your problem has prevented you from doing what you want, set the change factors and the objectives you want to achieve.

### **The Miracle Question Technique - What Does It Consist Of ...**

The Miracle Question (MQ) is an important tool in SFBT. Some practitioners, like me, have trouble asking the MQ. Help came from Cami Boyer, a psychotherapist. She offered a MQ workshop at the 2017 Solution-Focused Brief Therapy Conference in Santa Fe. Boyer likened using the MQ to bread baking.

### **Miracle Question: Stricture or Structure? - Institute for ...**

The miracle question is a well known exercise used in solution focused therapy (brief therapy) to aid a client to envision how the future will be different when the problem is no longer present. The "Miracle Question" gives clients permission to think about an unlimited range of possibilities for

change.

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