**Solution Focussed Workbook**

Remember to:

1. Ask questions that young people have a chance of answering.
2. Ask questions to which you **do not** already know the answer to.
3. *Always* check your understanding of what the young person says.
4. It is helpful for young people to know what will be different when their problem is managed so that they know when things are improving.
5. Young people who can describe the way they want things to be in great detail are more likely to achieve it.

**Presenting Problem**

This should be in the young person’s own words.

**Problem free talk:** Prompts to support the young person

1. “I know very little about you apart from what brings you here today. What would you feel happy to tell me about yourself?
2. What are you interested in?
3. What are you good at?
4. What about your family?
5. How would your best friend describe you?

**Best hopes for our sessions:**

* How will you know that it is useful coming to see me today?
* What will it take for you to say that this has been worthwhile?

**Preferred future: The Miracle Question**

Imagine that after you have gone to bed tonight a miracle happens and the problems I have been asked to support you with are resolved. But since you are asleep you will not know the miracle has happened. When you wake up in the morning, what will be different that will tell you a miracle has happened?

* What will you see yourself doing differently?
* What will others see you doing?
* How will your Mum/Dad/Carer/Teacher know that the miracle has happened?
* What will be the first sign of the miracle happening?
* What small step would be a sign of moving in the right direction or being on the right track?
* How will you know that life I going well for you?
* What will tell you that we don’t need to meet anymore?
* Imagine a day going well for you, how will you know the day is going well?

**Exceptions questions - examples:**

* When are the times you notice there isn’t a problem?
* When are the times that it doesn’t last as long?
* When are the times that it seems to be less intense?
* When are the times that you feel better?
* When are the times that it bothers you the least?

**Coping Questions - examples:**

1. What has been helping you so far?
2. How have you been able to manage?
3. What do you think your best friend for example {or parent/carer}, most admires about the way you have been trying to manage?
4. How do you cope/manage?
5. The difficulties/situation you describe sounds overwhelming, how do you cope?
6. What is it that gives you the strength to ……..?

**Stopping Things Getting Worse:**

* What have you been doing to stop things from getting worse?
* How come you aren’t at {for example} 1 or 2 on your scale?
* You say that things have gone down on the scale. What did you do to stop the slide at {for example} 4

**Scales:**

* On a scale of 0-10, with 0 being the worst that things have been for you, and 10 being how you want things to be, where are you today?
* What is it that you are doing that means you are at …. and not at 0?
* If you are on 3 tell me what you will be doing when you are 4?
* Who will be the first person to notice that you have moved up a point on the scale?
* Where on the scale would you be if “good enough” is for you? The point that you would settle for? How will you know you are at that point on the scale?
* What would be happening when you are one point higher?
* How would you rate your confidence that you can make a change?
* If you were to move up one point on your ‘behaviour’ {example} scale, what difference might this make to your relationship with ……….?

**What will we do?**

We will talk, write or draw about things in as much detail as possible.



It might seem that there are a lot of hard questions! 

**Solution Focussed Workbook**

**What is this book about?**

Help to identify things in your life that you would like to change.

This workbook book will enable us to learn more about you and how things are for you now and help us to learn what it is that would make you feel better.

Working together we will learn about the things you are already doing that working for you.



**What are some problem you have faced?**

**What difficulties have you have faced?**



**What are the main things that are bothering you at this time?**



**What are your *best* hopes for our work together?**

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Write or tell me about some important things about yourself, your history and some of the things you have achieved in your life.







Pretend a miracle happens whilst you are asleep tonight.

What will be different for you tomorrow when you wake up?



When are the times when the problems aren’t there or are less worrying?

What helps you to manage the problems?

How have you stopped things from getting worse?

When you’ve faced problems before, how did you cope with them?

What does coping with all these problems tell you about yourself?

 

Write some of the good things that have happened since we last met.

|  |  |
| --- | --- |
| Good things | What this tells me about myself |
|  |  |