Solution Focused Questions

Questions to create a preferred future

Examples of solution focused questions to help the client identify the changes they want to make in their lives.

1. What changes would you like to see as a result of our time together?

2. If coming to see me was useful to you, how would you know?

3. If you weren't going through any of the problems that you are going through now, how would your life be different?

4. What are your best hopes for coming to see me?

5. And how will things be different for you when all of that (best hopes) is happening?

6. How will those changes show themselves to the people around you?

7. How will those changes be good for you?

8. How will you know that?

9. What else will tell you?

Questions to create a fertile state

Examples of solution focused questions to help the client determine what a fertile state would be like for them.

1. How would you describe a state of fertility and health?

2. What do you think will help you to have a baby?

3. What else? (x 10)

4. What things are already in place?

5. When you are in a state of mental, emotional and physical balance, how will you know?

6. How else?

7. What changes will you notice in the way you think?

8. What changes will you notice in the way you feel?

9. What changes will you notice in the way you behave?

10. Who would be the first to notice these changes?

11. How will these changes affect those around you? Friends, family, colleagues, partner?

12. How will these changes affect your work? Your social life? Your home?

13. When you are in a fertile state, how will you know?

14. What will you be doing differently?

15. How will you be thinking?

16. How will you be feeling?

17. How will your body be responding?

18. And how will things be different for you what all of that is happening?

19. How will those changes show themselves to the people around you?

20. How will those changes be good for you?

21. How will you know that?

22. What differences will that make?