



Imagining Solutions

Quite a few people find the Miracle Question difficult to use, while others find it a powerful and unique intervention. In this Practice Tip I offer you some alternative versions and remind you of some tips to keep the answers going. The basic format is:

Imagine that while you are asleep tonight, something amazing happens – a miracle even. The miracle is that the problem you have been telling me about disappears. But since you are asleep you don't know this. So when you wake up to-morrow what will be the first signs that will tell you this 'miracle' has happened?

Some people find it more helpful to insert the specific issue into the question e.g. "the problem about you being bullied at school disappears." The best tip is to use whatever the client says, reflect it back in their words and then ask another question about it. Remember also the value of the "What else?" question. Another useful question is, "How would that be helpful to you?" The interviewer builds on each answer to clarify the client's goals and strategies.

Alternative Versions

1. When all of this (whatever this is!) begins to sort itself out what will tell you that things are getting better?
2. If I were to meet you in a couple of months time, and you told me things were more like the way you want them, what would you be telling me? What would have been the first thing that happened?
3. If say you are zero on the scale at the moment and tomorrow you began to think you were 1 or 2 what would you be doing that was different that would tell you that you'd moved up the scale?

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