



“I’m Stuck!”

We’ve all been there. We get to a point where we’ve exhausted everything we can think of, google, read, etc. to help us with our situation. It’s frustrating because we know ourselves to be generally on top of things. Yet right now, you just can find a solution. You are stuck.

The miracle question is a primary tool of the brief therapy solution-focused approach. By asking yourself to envision and describe the future when the problem is no longer present, you invite ideas of possibilities for change. These possibilities can be turned into goals and action can be taken to get you closer to your goals. See how this miracle question can begin to generate ideas of change and how that would make a difference in your life.

Imagine that tomorrow morning you wake up and suddenly find that a miracle, has taken place! Your world is just as you would like it to be and you have resolved all your problems or come to terms with all the things that were bothering you. Describe what is different and what are the particular things that tell you that things have changed? Enter into as much detail as you can.

- 1. What’s the first thing you’ll notice as you wake up in the morning?*
- 2. What will be a small sign that you’re feeling better in the days to come?*
- 3. What can you do that would help you to move even if in only a small way towards the new world you have described?*
- 4. How would that make a difference in your life?*

Interested in learning more? We are all trained brief therapists and would welcome the opportunity to have this conversation with you. Find a therapist from our homepage, www.btid.com or use the contact page to get started today.

Imagine the possibilities!

www.btid.com

(303)426-8757

