

Miracle Question Solution Focused Worksheet

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7 Best Solution-Focused Therapy Techniques and Worksheets

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Solution focused brief therapy aims to get the client to imagine change, to imagine the future. 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.

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The Miracle Question from Brief Solution Focused Therapy
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