

List of Questions Lead-In

The most difficult part of mastering new concepts and skills used in SFBT is like learning a new language and learning to think differently. The following are some suggestions to make you feel comfortable using Solution-building conversations.

Wh Questions (What, Who, Where, When, Which, and How)

- What does ____ expect to come out of your coming to this meeting?
- What needs to come out of this meeting so that you can say this is helpful?
- Which part do you agree with and which part do you disagree with?
- What tells you that you are at 5?
- Tell me about the times when you are more productive? What is different then?
- What do you know about him/her that tells you that he/she can do this?
- What difference is it going to make in your _____?
- How would that be helpful to you?
- What has been changed, even a little bit, since you made this appointment?

Tentative Language (Perhaps, it seems, suppose, it appears, it sounds like . . .

- I am not sure about this, what do you suppose . . .
- Do you suppose . . . ?
- It sounds like what you really want is . . . to be more hopeful about yourself.
- I'm not it will happen, but suppose, just suppose your son changed . . . How would that be helpful to you? What difference would it make to your relationship?
- What will change in your ____ (depression, fighting, drug use, etc)?

Relationship Questions

- What would your best friend (boss, mother) say you are like when you are calmer?
- What would ____ notice different about you that will tell her that things are better?
- What would your daughter say she likes best about your being sober? (Not What your daughter would say she hates about your being drunk?)

Personal Meaning and Language

- You are clear about not doing drugs. What about it that is so important not to do drugs?
- You must have a good reason to . . . ?
- So, how would that be helpful for you to (not go to work, stay in bed, drink more . . .)?

What Else?

- What else would it take for you to stop drinking and stay sober?
- What ____ would say it would take for you to stay sober?