

Solution Focused Questions

Exception (while there is likely a problem situation that prompted you to sit down to talk with someone, this is a way to talk about their strengths and abilities; it is the first set of questions I start interviews with in most situations, just like TDM meetings start with Strengths; the first one listed below is a “near miss” situation, and the last is more suited to getting people talking about values and accomplishments)

When was a time that _____ could have happened, but it didn't?

When was a time that things were going well for you?

What are some things you've done that you are most proud of?

Preferred Future (what would they like to see for themselves or their family; many folks like to ask the Miracle Question for this information in order to get details about what would be different in the person's life)

How would you like things to be?

What would it look like if this problem went away?

Who would be around helping you keep things on track and what would they be doing?

What do you see happening next?

Coping (another set of strengths and resources, but closer to the problem situation and what someone does to deal with it OR who else helps them in this situation)

How have you dealt with this situation?

What do you do that keeps things from getting worse?

Who supports you when things get tough?

Scaling (here we are trying to get someone to notice that the situation is not as black and white as they might think, or to help them notice the difference between desire/importance score and their ability score)

On a scale of 0-10, with 10 being [*insert desirable condition, outcome, confidence, ability, or importance*], where would rate yourself?

How do you get to that number?

What makes it a ___ and not a 0?

What is a small thing that could happen to make it go up by just one number?

Position (this is an attempt to get people out of their own perspective and to consider the concerns and perspectives of others)

If _____ was here, what would they say they are [*insert worried about, think about the situation, would like to see next*]?

If _____ was here, [*insert any of the four previous types of questions*]?



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