

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?