




Examples of Solution Focused Questions:

"Tell me 3 things you/we could do to..."


 To help make school better for you

 To help you stay calm

 To show you that this is the right place for you to be

 To keep yourself from rock bottom

 To make sure (x) doesn't happen again

 To get your learning done.

More Solution Focused Questions:

Tell me 10 ways you will know that the afternoon is going better?

How will you know that life is getting happier for you at school. Who will notice and what will they see?

If you were getting on better with your xx, how would you be different?

What things in your life have managed to stay okay even through such a bad period?

What have you been doing that has prevented it from being even worse?

What are the ways you have managed to cope with such difficulties during this time?

How have you managed to cope with such difficulties before?

What do you think might be the first sign that you are getting back on track again?