

Worksheet for Therapists: Using the Miracle Question

This worksheet is designed to help therapists effectively use the Miracle Question technique. It provides a structured approach to helping clients explore their desired future and identify actionable steps toward achieving it.

Step 1: Setting the Scene

Therapist Prompt:

“Imagine that while you are sleeping tonight, a miracle happens, and the problem that brought you here is completely resolved. Because you were asleep, you don’t know this miracle happened. When you wake up tomorrow, what would be the first signs that things are different?”

Client's Response:

(Write down the client's description of the first signs of change.)

Step 2: Exploring the Miracle

Therapist Follow-Up Questions:

1. **"What else would you notice about your day?"**

(Encourage the client to describe their vision in detail.)

2. **"How would others notice that things are different for you?"**

(Explore how changes might impact relationships and external behaviors.)

3. **"What would you be doing differently?"**

(Identify specific actions or behaviors that indicate the problem is resolved.)

Step 3: Identifying Current Strengths

Therapist Prompt:

- "Are there parts of this miracle that are already happening, even in small ways?"
- "What have you done in the past that worked, even for a short while?"

Client's Response:

(Record any existing strengths, resources, or small successes.)

Step 4: Moving Toward the Miracle

Therapist Prompt:

- "What is one small step you could take to get closer to the day you've just described?"
- "What can you start doing differently today to make that vision more of a reality?"

Client's Response:

(Write down the client's actionable steps.)

Step 5: Reflections and Next Steps

Therapist Reflections:

- Note any themes or patterns in the client's vision that can inform treatment goals.

Next Steps for the Client:

- Summarize specific actions or goals based on the miracle question.

Tips for Therapists:

1. **Encourage Detail:** Use open-ended questions to elicit a vivid and specific description of the miracle scenario.
2. **Stay Positive:** Focus on what is possible and within the client's control.
3. **Be Patient:** Allow clients time to think and imagine; the process itself can be empowering.

4. **Revisit the Miracle Vision:** Regularly reflect on the miracle question throughout therapy to measure progress and adjust goals.
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This worksheet can be used during or after sessions to document client responses and inform the therapeutic process.



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