

A list of solution-focused questions & slight adaptations for a GP/nurse practitioner context

Opening questions

Process

How are you hoping I might help?
What are you hoping I can do for you?

Outcome

What difference are you hoping that would make?
What are your best hopes from that?
How would you know that had been useful for you?
What would be different if that was helpful?

Future-focused questions

If you woke up tomorrow and (*hoped-for-outcome achieved/treatment is working*) - what's the first thing you'd notice about yourself?
What else would you notice about yourself?
What's the next thing that you'd notice, if...?
And after that?
What's the first small sign that would tell you that...?
How would it start to show?
What would be happening instead?
What would you be doing/thinking/feeling (instead)?
How would you know?
What would you notice about yourself, that would tell you that?
How would that show?
Who else would notice that...?
What's the first thing they would notice about you (that would tell them)?
What else? What's the next thing they would notice?
How would they notice that?
What effect might that have on them?
What would you notice different about them?
What difference would that make?

What's working questions

What are you doing to look after your health?
What have you done that's been good for you recently?
What have you done that's been good for your health recently?

What bits of (*'preferred future'* - use *patient's words*) have you noticed happening most recently?

How did you manage to do that?
What did you do that helped?
What else?

What did it take?

What does that say about you, that you were able to do that?
What skills or strengths did you draw upon?

How did you think of doing that?
Where did you get that idea from?

What difference has that made?
What difference is that making?
What are you doing/thinking/feeling differently since you...?

Who else has noticed?
What have they noticed?
How have they been able to tell that...?

What pleased you most about being able to do that?

Scaling questions

On a scale from 0 to 10, where 10 is (*insert patient's hoped-for-outcome*) and 0 is the worst/furthest away you've been from 10, where are you now?
What puts you there and not at 0?
What is different?
What are you doing/thinking/feeling differently?
Who else has noticed differences in you, since you've been at that point? What do you think they have noticed?
What difference has that made?
How have you got to this point?
What have you done that's helped?
What has it taken?

How would you know you were a point higher?
What would you notice different about yourself?
What would you be doing differently?
Who else would notice and what would they notice?

Coping questions

How are you keeping going?
How are you getting by at the moment?
What is it that you do that helps you to get through?
Where do you get the strength from to even get up in the morning?
That sounds so tough – how are you managing to hang on in there?

Follow-up

What have you been pleased to notice about how you've been doing since I saw you last?
What's better?