

Date:

SOLUTION-FOCUS Worksheet

Client Name: _____

History & Complaints: What problem got so bad that you decided to pick up the phone?

Goals: How will you know when you can stop coming here? Miracle question for self & others.

Husband/Male

Wife/ Female

Children

Exceptions: (Times when small pieces of miracle are already happening?)

Scaling Questions:

Pre-session improvement:

Motivated to behavioral change:

Other scales:

Message(Compliment and Suggestions/Task)

Solution-Focused Worksheet - *Later Sessions/Date* _____

Name: _____

Session # _____

What is better?:

No change? Review goals, review customership, proper problem? Ask coping questions.
New Goals?

What does the client need to do more?

Scaling questions:

Current Level:

What would it take to move up on the scale?:

Confidence: (Maintain current level for how long?)

How close to termination?

Compliment and Suggestions/Task: