

## **Ideas for Beginning a Solution Focused Narrative Conversation**

### ***Step 1- Listen closely, attentively, and then:***

“What are your best hopes for our time?”

\*If the client talks about the problem and seems quite taken over by it, proceed to step 2. If the client seems ready to move forward, proceed to step 3.

### ***Step 2 -Map the Influence of the Problem:***

Ask how the problem causes the school client problems at home or school. Make a list of the effects of the problem on the client’s life. Read the list back.

### ***Step 3- Set the goal:***

“Tell me what you will be doing on a small scale when your best hopes begin to occur?”

### ***Step 4- Seek out exceptions:***

“Tell me about times when \_\_\_\_\_ has occurred (referring to the answer in step 3.)”

“How did you do that?”

“What was different?”

“What would others say you did?”

### ***Step 5- Ask the scaling question:***

“On a scale of 1-10, with a 10 meaning things are perfect, and 1 means that the problem has completely taken over your life, where are you now? What did we do that helped?”

Say: Between now and when I see you again, think about what it might look like to move up the scale.

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