

Anger is a signal, and one worth listening to.

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Using the Miracle Question Tool on Your Anger

Adapted from [Microsoft Word - Solution Focused Therapy using the Miracle Question.docx \(weebly.com\)](#)

Feeling stuck in anger, resentment, or blame? This [“Miracle Question”](#) tool helps you imagine change by *becoming the change*. The Miracle Question focuses your mind on possibility rather than problems. Try the Miracle Question Tool:

Imagine yourself going to bed tonight as usual. Scenarios of blame and judgement replay over and over while feelings of anger and resentment tense your tired muscles, like they do every night.

But tonight, something unusual happens.

*Tonight, while you are asleep,
something magical
and mysterious
takes place.*

*Tonight you experience
a miracle.*

*You no longer harbor anger,
resentment or blame.
You are free, no longer a hostage to
how angry “they” made you feel.*

But because this all happened while you were asleep, you wake up in the morning without knowing about this miracle.

- ★ *What is your first clue that this miracle has happened?*
- ★ *How would you be different?*
- ★ *What will you notice about yourself?*
- ★ *What will you feel inside yourself?*
- ★ *How will your morning be different?*
- ★ *What choices will you make about this day?*
- ★ *What will other people notice about you?*
- ★ *How will your life be different?*

Application:

- ★ **Continue** on throughout the day, believing the miracle has taken place. Continue making decisions from your miracle mindset.
- ★ **The next day**, continue to think about living your miracle. Notice the difference the miracle makes on your mood, body language, self-care, career, relationships & other daily decisions.
- ★ **Repeat the Miracle question tool every day** until the miracle has happened. You will then be living the miracle.