

# SFBC WORKSHEET

By Jude Victor

This worksheet is designed to be completed over a series of a few weeks and can serve as a journaling exercise.

## ***MIRACLE QUESTION:***

Suppose you were to wake up one morning and the problem that brings you to therapy was resolved. No one told you and you were asleep when it happened so the only way you knew it happened was through noticing differences.

Name some differences you would notice: *(how would you feel, would others notice?)*

- 1.
- 2.
- 3.
- 4.
- 5.

## ***SCALING QUESTIONS:***

On a scale from 1 to 10, 1 being the lowest and 10 being the highest - what is the highest you have ever been to the reality described in the miracle question section:

Tick the box on the scale representing your spot on the scale today:

1	2	3	4	5	6	7	8	9	10
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Why have you chosen this number on the scale?

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What would you have to do to go up one number on the scale?

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## ***EXCEPTION FINDING EXERCISE:***

Describe a time when the current problem wasn't there in as many details as possible:

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Describe what was happening when you were highest on the miracle scale in as many details as possible:

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Describe one past success in as many details as possible:

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How can you learn from your past success?:

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## ***STRENGTHS EXERCISE:***

List 5 strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

List 4 people who support your goals:

- 1.
- 2.
- 3.
- 4.

***RECAP EXERCISE:***

My goal is: \_\_\_\_\_

A small step I can take this week is: \_\_\_\_\_

Who can support me in this step? \_\_\_\_\_

How will I know I have made progress? \_\_\_\_\_

***(IN ONE WEEKS TIME)***

***TICK WHERE YOU ARE ON THE SCALE NOW:***

1	2	3	4	5	6	7	8	9	10
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Why have you chosen this number on the scale?

\_\_\_\_\_

If it is lower than the previous week, how have you coped with it going down?

\_\_\_\_\_

If it is higher on the scale, describe how you have been able to move up:

\_\_\_\_\_

\_\_\_\_\_

***(IN TWO WEEKS TIME)***

***TICK WHERE YOU ARE ON THE SCALE NOW:***

1	2	3	4	5	6	7	8	9	10
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Why have you chosen this number on the scale?

\_\_\_\_\_

If it is lower than the previous week, how have you coped with it going down?

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If it is higher on the scale, describe how you have been able to move up:

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***(IN THREE WEEKS TIME)***

***TICK WHERE YOU ARE ON THE SCALE NOW:***

1	2	3	4	5	6	7	8	9	10
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Why have you chosen this number on the scale?

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If it is lower than the previous week, how have you coped with it going down?

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If it is higher on the scale, describe how you have been able to move up:

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***(IN FOUR WEEKS TIME)***

***TICK WHERE YOU ARE ON THE SCALE NOW:***

1	2	3	4	5	6	7	8	9	10
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Why have you chosen this number on the scale?

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If it is lower than the previous week, how have you coped with it going down?

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If it is higher on the scale, describe how you have been able to move up:

## **REFLECTION**

***How are things better?***

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***Who has noticed the changes?***

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***How confident on a scale of 1 to 10 are you that you can keep moving up on the miracle question scale?***

1	2	3	4	5	6	7	8	9	10
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**OR**

***How confident are you on a scale of 1 to 10 that you won't go back down on the scale?***

1	2	3	4	5	6	7	8	9	10
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***If it is necessary, you can start this worksheet again as many times as needed. You may also request multiple worksheets if you have more than one desired change.***

**YOU CAN DO THIS**