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What Is The Miracle Question

The miracle question, created by Steve de Shazer one of the pioneers of solution-focused therapy in 1988, is a great 'thought experiment' and a creative way to devise good therapeutic goals. The miracle question basically asks people to make believe, however fantastical it may be in their particular circumstances, that their life has already dramatically changed for the better.

3 Miracle Question Examples to Use With Your Therapy ...

This exercise is called the miracle question. It is a question that coaches often ask their clients in order to help them think about

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what they want to change about themselves [i].

Use the Miracle Question | Psychology Today

The Miracle Question is a goal setting question that is useful when a client simply does not know what a preferred future would look like. It can be used with individuals to set the course for...

Cool Intervention #10: The Miracle Question | Psychology Today

With the miracle question technique, therapists aim at making a miracle happen: making people think about how things would be like if they were lucky enough to wake up without their problems. What keeps you from doing what you want?

The Miracle Question Technique - What Does It Consist Of

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The miracle question is well known as an exercise used in solution focused therapy (also known as brief therapy) where a focus is placed on imagining what your preferred future would be like and trying to work towards that future in a step-by-step way. Here is one version of the exercise: 1. Imagine that tomorrow morning you wake up and suddenly find that a magical transformation, a miracle, has taken place!

The Miracle Question from Brief Solution Focused Therapy

Miracle question technique is an intervention method used in the psychology literature and mainly in solution-focused brief therapy. This question is generally used in solution-focused brief therapy, and aims to answer what would be the best case scenario for the client when all of his problems are gone.

Miracle Question in Solution-Focused Brief Therapy | The

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The miracle question was developed beginning in the early 80s and I have been using it in almost every first session ever since. I think my (our) initial mistake was to call it “the miracle question” when it has never been just a simple question. Rather, its purpose was to shift the conversation quickly and easily into the future when the problems (that brought the client to therapy) were gone.

THE MIRACLE QUESTION

The Miracle Question is a popular question in Solution-Focused Therapy -- a type of therapy that focuses less on problems and the past and more on solutions and the future.

Can You Answer the Miracle Question? - CBS News

The Miracle Question is instant therapy. The Miracle Question focuses your mind on exactly how to achieve what you want.

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Focusing on your future goals is the essence of Solution Focused Therapy. Solution focused therapy ignores what is past, what has happened, the history of the problem.

Solution Focused Therapy using the Miracle Question

The miracle question or "problem is gone" question is a method of questioning that a coach, therapist, or counselor can utilize to invite the client to envision and describe in detail how the future will be different when the problem is no longer present.

Solution-focused brief therapy - Wikipedia

This question, or variations of it, have been adopted by several different psychotherapy treatment models, including family systems therapy, solution-oriented therapy (the "miracle question," of DeShazer), and brief therapy (Gustafson's Complex Secret of Brief Psychotherapy).

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Alfred Adler's Magical Question - Family Dysfunction and

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The tool that psychotherapist use is indeed called the “miracle question” and stems from the solution-focused therapy approach. It goes something like this: “Imagine a real miracle would occur and...

The Miracle Question Used by Psychotherapists | by Alina

...

In a nutshell, here is the “Miracle Question”: “Imagine that while you were sleeping tonight a miracle happened. While you slept, _____ (insert problem here) mysteriously disappeared. When you got out of bed the next morning, what would be the first thing you noticed that would clue you in that a miracle had happened?”

Problems Solving with Kids Using the Miracle Question ...

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The miracle question might just be one of the most powerful tools you can use to overcome anxiety and creating the quality life you want to live. The concept comes to us from solution-focused brief therapy (SFBT), but versions of it were used in older theories of counseling too.

Answer the Miracle Question to Overcome Your Anxiety ...

Question: "What is the definition of a miracle?" Answer: The biblical definition of a miracle would be something like this: "an event that involves the direct and powerful action of God, transcending the ordinary laws of nature and defying common expectations of behavior." Miracles are extraordinary occurrences that can only be attributed to the supernatural work of God and demonstrate His ...

What is the definition of a miracle? | GotQuestions.org

Question: "What were the miracles of Jesus? What miracles did

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Jesus perform?" Answer: A miracle of God is an extraordinary or unnatural event that reveals or confirms a specific message through a mighty work. Jesus performed plenty of miracles. All the miracles He did were to glorify God, help others, and prove that He was indeed who He said He was—the Son of God.

What were the miracles of Jesus? - Bible Questions Answered

Miracle Question: If you were to awake after a night's sleep and a miracle had occurred which made the problem disappear without you being aware that the miracle had taken place, what would you first notice when waking up? > How would you act differently? > How would you feel differently?

Miracle Question for Goal Setting in CBT

In Solution Focused Brief Therapy (SFBT), the Miracle Question seems to create uncertainty in some new practitioners' minds. In

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response to a question I rece...

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