

Worksheet:

Exploring Your Preferred Future (The Miracle Question)

This worksheet uses the "miracle question (MQ)" to help clients envision a future without the problem. This encourages a focus on solutions and possibilities rather than dwelling on the problem.

Instructions: Imagine that you wake up tomorrow and the problem that brought you here is completely gone. A miracle has occurred! Answer the following questions, focusing on what would be different in your life.

1. **What would be the first thing you notice that's different when you wake up?**

Example from book: A client named Tom, who was struggling with loneliness and alcohol use, responded to the miracle question by saying, "I would wake up happy... more contented." He also mentioned looking forward to getting out of bed and spending time with his son.

2. **How would you feel differently throughout the day?**

Example from book: Tom said, "Oh, that would be great. I love him [his son]. He is really a great little boy."

3. **What would you be doing differently during the day?**

Example from book: Tom described wanting to do activities with his son, like getting ice cream or going to McDonald's. He also mentioned wanting to ride his bike or reconnect with a cycling club.

4. **What would other people notice about you that is different?**

5. **Imagine I am a fly on the wall in your home when the miracle has happened. What would I see and hear that is different?**

6. **What would be the first small sign that things were starting to move in the direction of this miracle?**

7. **What is one small step you could take today to start moving towards that preferred future?**

This worksheet is provided to you as an outline of the MQ. Many therapists ask it in different ways. The key is to listen and respond with the client's own words to describe their miracle day or a part of it. Try to elicit as much detail as you can, be curious, and respectful. Enjoy!