

## Best Hopes (The preferred future/outcome)

This is the most important question of a Solution Focused session. Without a person's best hopes or a positive outcome there is no direction to the conversation. It is generally found by asking the question, "What are your best hopes from this conversation?" If you are presented with a 'deficit' answer (not drink... not be angry... not anxious...) Ask, "what would you want instead?"

### Describe the reality of those best hopes...

<b>In the Past</b> <i>When have you been most...</i>	and/or	<b>In the Present</b> <i>What are you currently doing...</i>	and/or	<b>In the Future</b> <i>Suppose you were...</i>		
<p style="text-align: center;"><b>Difference</b></p> <p>What difference would/did that make?</p> <p>Similarly, the question, "Why is that important to you?" (Looking for change or transformation – internally.) Or, "What does that mean to you?" "What does it say about you?" "What meaning do you take from this?"</p> <p>This is different from the question, "What would be different about that?" (Which is still a helpful question when identifying change/transformation, but that is more focused on externals. The Solution Focused approach is a change oriented approach, so difference questions amplify that change).</p>	<p style="text-align: center;"><b>Me notice</b></p> <p>What do/did <u>you</u> notice when your best hopes are/were present?</p> <p>Usually by asking, what is the <u>first</u> thing you would notice is a more narrow and easier to answer question.</p> <p>Ask about it in the past, "What have you noticed...?" WOWW – Working On What Works, and do more of it. This question is asking about exceptions</p> <p>Or ask about it in the present, "What are you noticing?" or "What do you notice?"</p> <p>And asking about it in the future, "What will you notice?"</p>	<p style="text-align: center;"><b>Others notice</b></p> <p>What do/did <u>other</u> people notice when your best hopes are/were present?</p> <p>Usually, those close to you or other significant people you encounter during the day.</p> <p>This could be followed up by, "How will you know they noticed this change/transformation?"</p> <p>This is a question to reinforce change and make the description more real and interactive.</p>	<p style="text-align: center;"><b>Responsibility for change</b></p> <p>How did you do that?</p> <p>Or What have you done to contribute to this change? (Help them see their responsibility or agency for change) Similarly we could ask, "When were you most...?" and what was noticed?... "How did you do that?"</p>	<p style="text-align: center;"><b>Legacy</b></p> <p>Where did you learn to be that kind of person?</p> <p>This sort of question is called a 'legacy question', which is linked to a significant or important person in their life – living or dead</p>	<p style="text-align: center;"><b>Versioning</b></p> <p>"When that version of you (best self or the presence of your best hopes) shows up or continues to show up, what is noticed?"</p> <p>What would you notice and what would others notice.</p>	<p style="text-align: center;"><b>Scaling</b></p> <p>On a scale from 1 to 10, where 10 is your best hopes and 1 is the opposite, where would you place yourself? How come that score and not lower?</p> <p>It is key to focusing on resources and potential rather than the deficit. Of course, "What else? What else? What else?"</p> <p>Followed by, "suppose you moved up the scale, even a tiny bit, what is the first thing you would notice?" (Note: It is NOT 'how' would you move up the scale, but 'when' you are there what would you notice?) Followed by the questions: What would you notice? What would other's notice? What difference would that make?</p>
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<p>Client autonomy... Client agency... Solution Focus...</p>						

The language is presuppositional... "When change is occurring..." rather than "If change is occurring..." "What do/would you notice..." not "What might you notice..."

"I don't know" is a very common answer and needs to be accepted as, 'I haven't thought about it before'. Take your time and persist with your questions...