Miracle Question with Choice - Concept brief

Understand the idea behind miracle question with choice and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin prefers imagining a ten-percent easier morning to a complete miracle.

The idea

An imagined change is optional and can be replaced with a small-change question.

An ordinary example

Devin prefers imagining a ten-percent easier morning to a complete miracle.

What this can look like

Choose either an imagined overnight improvement or a slightly better tomorrow, then describe visible signs rather than perfection.

Check the fit

What version of the question fits your worldview? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A preferred future can include advocacy, accommodations, and external change; optimism is not required.

Reflection

What version of the question fits your worldview?

Scope and adaptation

Acknowledge distress and structural barriers before asking about change. Do not use exceptions or compliments to dismiss harm. A personal scale is a conversational aid, not a validated outcome measure, risk screen, or reason to withhold assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is Solution-Focused Therapy?. Full source links and scope: library.morethantherapy.org/approaches/resources/SFB-A03-1