Miracle Question with Choice - Review journal

Review an attempt at miracle question with choice and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. An imagined change is optional and can be replaced with a small-change question.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What version of the question fits your worldview? My optional adjustment or support request:

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-A03-5