

Resources for Associates, Interns, and Practicum Students:

School Support

1. What's been going well for you at school lately?
2. If today turned out to be a really good day, what would you notice yourself doing?
3. When is a time you handled something similar really well?
4. What's one small thing that could make tomorrow a little easier?
5. Who notices when you're trying your best—even in small ways?
6. On a scale of 1–10, where are you today? What makes it that number and not lower?
7. What would a one-point move up on your scale look like?
8. When is the problem less of a problem at school? What's different about those times?
9. What strengths are you using that you might not give yourself credit for?
10. If your teacher or a friend noticed even a small improvement, what would they see you doing?

Hopeful Inquiry

1. What helps you get through difficult moments, even when they feel overwhelming?
2. When things feel even a little bit better, what do you notice is different?
3. Who or what provides support that feels most helpful to you right now?
4. What would a “good enough” day look like for you?
5. When have you noticed yourself coping better than expected?
6. On days when symptoms feel lighter, what's happening within or around you?
7. What's one small step you feel ready to try between now and our next session?
8. What strengths have helped you get through past challenges?
9. If someone close to you noticed even a tiny improvement, what would they see?
10. What gives you a sense of hope, even a small amount?

Better Day (Miracle) Question

If you woke up tomorrow and a miracle had happened—the problem you came in with today, was gone—what would be the very first small thing you'd notice that would tell you things were better?

1. What is different?
2. What else?
3. Who might notice that you are having a better day?
4. Acknowledging current limitations, what is one small thing you could do this week to move towards this better day?