

Solution-Focused & SF Relational Question Bank

Goal Setting & Preferred Future

1. What do you want instead?
2. What would you like to see happen?
3. What would be different?
4. Suppose things were going well—what would you notice?
5. What would a good day look like?
6. How would you know you’re moving in the right direction?
7. How will you know when you’re there?
8. What do you want others to know about this?
9. What do you want to keep?

Relational Invitation & Therapeutic Alliance

1. What do you want me to know?
2. What feels most important for me to understand?
3. What would you like me to really hear today?
4. What do you hope I notice?
5. How can I be most helpful right now?
6. What do you need from me in this moment?
7. What would feel supportive today?
8. What would make this conversation useful?

Difference-Making & Impact

1. What difference would that make?
2. What difference would that make for you?
3. What difference would that make between you and them?
4. And then what?
5. What would change first?
6. What would that allow you to do?
7. Why is that important to you?
8. Who else would notice?
9. What might they say?
10. What would they see you doing differently?

Exceptions & Strengths (Individual and Relational)

1. When has this been a little better?
2. When has this relationship felt better?

3. What was different then?
4. What was happening between you?
5. What did you do that helped?
6. What were they doing that helped?
7. How did you manage that?
8. How did you invite that response?
9. What strengths showed up?
10. What does this say about you?
11. What does this say about how you relate to others?

Scaling & Progress

1. On a scale of 0–10, where are you now?
2. On a scale of 0–10, how connected do you feel?
3. What keeps it from being lower?
4. What tells you you’re at that number?
5. What would a one-point increase look like?
6. What would a one-point shift look like between you?
7. How would you know things are improving?
8. What would you be doing differently?

Agency, Choice, & Mutual Influence

1. What’s in your control here?
2. What’s one small step?
3. What feels doable?
4. What are you already doing?
5. How do you affect them?
6. How do they affect you?
7. What happens between you when things go well?
8. What would you like to do more of together?
9. What would you like to do less of together?

Coping, Resilience, & Support

1. How are you getting through this?
2. What’s helping you cope?
3. What keeps you going?
4. When do you feel most understood?
5. What helps you feel supported?
6. What helps you stay connected under stress?

7. How have you handled similar things before?
8. What are you proud of?

Meaning, Values, & Identity

1. What matters most about this?
2. What does this say about your values?
3. How does this fit with who you want to be?
4. What kind of person are you being here?
5. What would your future self say?
6. What do you want to remember about this time?

Repair, Boundaries, & Hope

1. What would repair look like here?
2. What's one small relational step?
3. What boundary might help?
4. What would moving forward respectfully look like?
5. What feels possible right now?
6. What gives you hope about this connection?

Short Micro-Prompts (In-the-Moment Use)

1. What else?
2. Tell me more.
3. And that means?
4. Then what?
5. How so?
6. With whom?
7. Between you?
8. What helped?
9. What shifted?
10. What stands out?
11. How did that land?
12. What do you want me to know?

Relational Invitation & Alliance

1. What do you want me to know?
2. What feels most important for me to understand?
3. What would you like me to really hear today?
4. What do you hope I notice?

5. How can I be most helpful right now?
6. What do you need from me in this moment?
7. What would feel supportive today?
8. What would make this conversation useful?

Relational Impact & Difference

1. What difference would that make for you?
2. What difference would that make between you and them?
3. How would that change the relationship?
4. What would be different in how you show up?
5. What might others notice first?
6. What do you want others to know about this?
7. What do you want them to understand about you?
8. What would you hope they say about the change?

Connection, Safety, & Trust

1. When do you feel most understood?
2. What helps you feel safe enough to try?
3. When have you felt supported like this before?
4. What helps you stay connected under stress?
5. What tells you this relationship is working?
6. What helps repair things when they feel off?
7. What would help you feel less alone in this?

Relational Exceptions & Strengths

1. When has this relationship felt better?
2. What was happening between you then?
3. What were you doing differently with them?
4. What were they doing that helped?
5. How did you invite that response?
6. What strengths show up in you relationally?
7. What does this say about how you relate to others?

Mutual Influence & Responsiveness

1. How do you affect them?
2. How do they affect you?

3. What happens between you when things go well?
4. What do you do that helps others respond differently?
5. What do they do that helps you stay grounded?
6. What would you like to do more of together?
7. What would you like to do less of together?

Scaling (Relational Lens)

1. On a scale of 0–10, how connected do you feel?
2. What keeps it from being lower?
3. What would a one-point shift look like between you?
4. How would you know the relationship is improving?
5. What would you notice in everyday interactions?
6. Who else would notice the shift?

Repair, Boundaries, & Hope

1. What would repair look like here?
2. What's one small relational step?
3. What boundary might help protect the relationship?
4. What would moving forward respectfully look like?
5. What feels possible right now?
6. What gives you hope about this connection?

Short Relational Micro-Prompts

1. What do you want me to know?
2. What else?
3. Between you?
4. With whom?
5. How did that land?
6. What mattered there?
7. What helped?
8. What felt connecting?
9. What shifted?
10. What are you hoping for?