

The Miracle Question

The Miracle Question gives families and children the permission to think about an unlimited range of possibilities and focuses on the future. It begins the shift from problems to solutions.

The suggested language is as follows:

“Suppose when you go to sleep tonight, a miracle occurs and the problems that brought you here today are solved. Since you are sleeping, you don’t know that a miracle has happened and that your problem is solved. When you wake up in the morning, what will be different that will tell you that a miracle has happened and the problem that brought you here is solved?”

When using this technique, Berg & DeJong (2008) suggest:

1. Speak slowly and gently to allow the family to shift toward a solution focus
2. Introduce the miracle question by telling the individual you are going to ask her a strange question.
3. Use frequent pauses, to allow the individual to absorb the question
4. Use future-directed words like “what *will* be different?”
5. When the individual lapses into problem talk, refocus her attention on the miracle.

*for children, workers can be more creative (i.e. magic wand. This might be more concrete than the abstract concept of a miracle)