

Working Well

What do you like about X? What are they good at?

What would the X say is the best thing about their relationship with Y?

What would X say are the best things about their life?

Tell me about a time when the problem could have happened but didn't. What was different? How often does this happen?

Who are the people who care most about X? Who can/does X talk to when things are tough?

What were/are the best times for you as a family?

Scaling

What makes it that number for you?

Where do you think X would scale it? Why?

For a score close to 0, what good things do you see which make it higher than 0?

What would you need to see to make it one point higher?

When would this have been the highest? What was different then?

Realistically, what would you be seeing if things were at a 10?

What can we do right now to make things one point higher?

Worries

What are you/X/we worried about? (describe the behaviour)

When does the problem happen? - how often, how bad is it?

What are the first, worst and last times this has happened?

What is the impact of this on the child/young person?

What is the worst thing that could happen as a result of this problem?

Which part of this worries you the most? Which part do you think is the most important to deal with?

What makes this more difficult to deal with?

What needs to happen

What are your best ideas on how we can start to make things better?

What's the smallest next step in moving towards the goal?

What can we do to make things better right now?

Who can help X when things are difficult?

What would be happening if things were working better for X?

What would the X need to see to know the problem has been sorted out?