## **Exercise**

## The Miracle Question

It is time for one final question which looks forwards to the future for you and your baby. We have now spoken all about your story so far, now it is time to think about the future, how you would like this to look and how we get there.

This is a solution-focused question and aims to look at your goals for the future. We will talk about that more later in the workbook.

Imagine that while you are sleeping tonight the entire house is quiet, a miracle happens. The miracle is that the problem that brought you to the attention of Children's Social Care is solved. However, because you were sleeping you do not know that the miracle has happened.

When you wake up tomorrow morning, what will be different that will tell you a miracle has happened, and the problem is solved?

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## It may help to consider the following questions:

1	What will be the first thing you notice that would tell you that a miracle has happened and that things are different?
2	What may others (mother, father, spouse, partner, siblings, friends, colleagues, teachers etc.) notice about you that would tell them the miracle has happened and that things are different or better?
3	Have there been times when when you have seen pieces of this miracle happen?
4	What is the first step you can take to begin to make this miracle happen?

