

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 services 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?

A series of horizontal dotted lines for writing an answer.

