Solution-Focused Couples Therapy Questions

1. Establishing Goals and Preferred Future

• *"What are your best hopes for this relationship?"*

• *"If this session were truly useful, what would be different when you walk out that door?"*

• *"Imagine your relationship at its best—what does that look like?"*

• *"What would tell you that your relationship is improving?"*

• *"What would your partner notice about you if things were better?"*

---

2. Scaling Questions (Measuring Progress & Readiness for Change)

• *"On a scale from 1 to 10, where 10 means your relationship is exactly how you want it and 1 means it's at its worst, where are you right now?"*

• *(To the partner) "Where would you place the relationship on the scale?"*

• *"What makes it that number and not lower?"*

• *"What would need to happen to move up one point?"*

• *"How have you managed to keep it from being lower?"*

---

3. Exception Questions (Identifying Strengths & Past Successes)

• *"Tell me about times when the relationship was working better—what was different?"*

• *"When have you felt most connected or happy together? What was happening then?"*

• *"Have there been moments recently, even small ones, where things felt good between you?"*

• *"What did you do differently on those days?"*

---

4. Strengths & Resources Questions

• *"What qualities do you admire in your partner?"*

• *"What do you appreciate about your relationship that you don't always acknowledge?"*

• *"How have you both managed to get through tough times in the past?"*

• *"Who in your life has been supportive of your relationship?"*

---

5. Miracle Question (Envisioning Change)

• *"Imagine that tonight, while you're sleeping, a miracle happens, and all the struggles in your relationship are resolved. But you don't know this miracle has happened. When you wake up, what is the first small sign that things are different?"*

• *"What would you be doing differently?"*

• *"How would your partner respond?"*

• *"What would others notice about you as a couple?"*

---

6. Coping & Resilience Questions

• *"How have you managed to stay together despite the challenges?"*

• *"What keeps you trying to make this relationship work?"*

• *"What's the most meaningful thing you've built together?"*

• *"How do you typically reconnect after a disagreement?"*

---

7. Action & Commitment Questions

- *"What's one small thing you can do this week to improve your relationship?"*
- *"If your partner did one small thing to show they care, what would it be?"*
- *"How can you support each other in making these changes?"*
- *"What would be the first step toward the future you want together?"*

---

8. Reflection & Wrap-Up Questions

- *"What has been most helpful about today's session?"*
- *"What is one thing you learned about your partner today?"*
- *"What is one takeaway you'll apply in your relationship moving forward?"*