Miracle Question Steps

Imagine a miracle solved the problem overnight. Notice the first small signs. Scale. Take one tiny step.

Name: _____ **Date:** _____

1. Ask

Suppose a miracle solved the problem overnight. You were asleep, so you do not know.

2. Morning after

What is the first small thing you notice that tells you something is different?

3. Who notices

Who else notices? What do they see you do or hear you say?

4. More signs

What else is different across the day? Keep answers concrete.

5. Scale 0 to 10

10 = miracle day. 0 = worst of the problem. Where are you today?

6. Exceptions

When has a piece of that miracle already shown up, even briefly?

7. Small next step

What tiny action tomorrow would move you about half a point up?

8. Review

What happened? What did you learn? Adjust the next step.

Tip: preferred future detail first, then scale, exceptions, and one tiny step.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

Not magical thinking. A practice tool for SFBT style preferred future work.

Original layout by Lotus & Tulip, based on SFBT miracle question teaching. A practice tool, not therapy.

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My Miracle Question Worksheet

Describe the morning after. Who notices. Scale. One small step.

Name: _____ **Date:** _____

The problem in my words (short):

_____

_____

Miracle / preferred morning: first signs I notice

_____

_____

_____

Who notices, and what they see or hear:

_____

_____

Scale: 0 = worst of the problem 10 = miracle / good enough day

Today I am at: _____ A half point higher would look like:

_____

One small next step (when / where):

_____

_____

Exception already true (even a little): _____

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Miracle Question Practice Log

Seven days of preferred future signs and tiny next steps.

Name: _____ **Date:** _____

Day / date	First sign / who noticed	Scale	Tiny next step	After 0-10
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Preferred day: what is the first small sign things are going better?

Who notices? Scale 0-10 today. One tiny next step before tomorrow ends.

Exceptions count. A piece of a better day already counts as evidence.

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