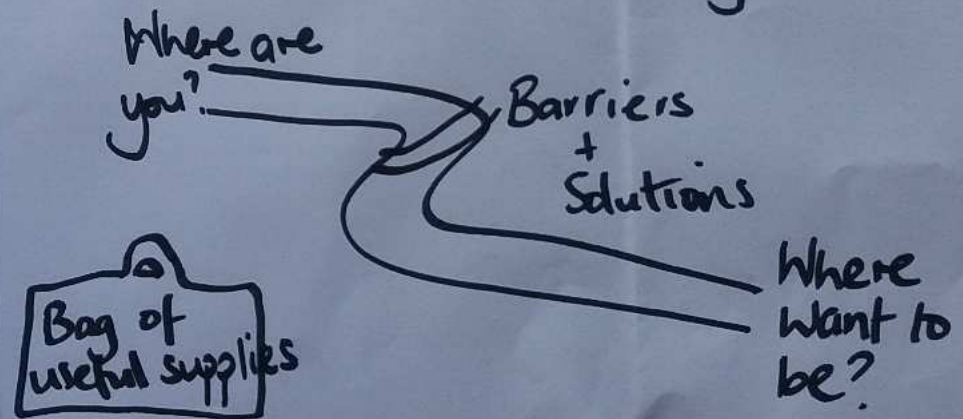


- Timeline questions
- Using a PATH
- Asking about exceptions
- Miracle questions
- Ideal self

Use scaling questions

Where are you? Where do you want to be? What/who will help you there?

The "Blob tree" - identify where you are now



Starting meetings with a scaling questions

"On a scale of 1-10, how do you feel you have progressed in this area?"

- tangible, sets the scene positively
 shared focus. - changes dynamic, switches focus. **POSITIVE**