



## The Miracle Question



Suppose one night, while you are asleep, there is a miracle and the problem that brought you here is solved. However, because you are asleep you don't know the miracle has already happened. When you wake up in the morning, what will be different that will tell you that this miracle has taken place?

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Now imagine a time in the future when the problem no longer exists...What will it be like for you?

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How will your life be different?

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Who will be the first to notice? What will he or she do or say?

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How will you respond?

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Adapted by Rhonda McKillip. Sources: Miller, Scott D., Duncan, Barry L. & Hubble, Mark A., 1997. *Escape from Babel: Toward a Unifying Language for Psychotherapy Practice*. New York, NY: W. W. Norton & Company; Miller, Scott D., Hubble, Mark A., & Duncan, Barry L. (Eds.), 1996. *Handbook of Solution-Focused Brief Therapy*. San Francisco, CA: Jossey-Bass; Sciacca, Kathleen. 2002 MISA 12<sup>th</sup> Conference on Co-Occurring Mental and Substance Use Disorders, *Motivation for Dual Recovery Presentation*. April 15, 2002, Lancaster, PA  
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