

Interviewing for Client Strengths

Exception-Finding Questions

1. Are there times, in the present or in the past, when you noticed (an identified significant change).....?
2. How will your life be different when(the identified problem)is resolved?
3. When these changes are noticeable, what is it that you may be doing differently on these days?

Scaling Questions

1. On a scale of 1-10, with 1 being the problem at its most intense, where would you place yourself at present?
2. What is different in your life that has contributed to this higher score?

Coping Questions

1. How do you feel you best manage to cope when things are not going so well for you?
2. What sorts of things help you to get up out of bed to face another day?

“What’s Better” Questions

1. What’s happening in your life that is better than before (? relevant timescale)?
2. When was the last time you noticed this type of positive change?
3. What are the chances of it continuing?
4. What may help it to continue?