

Miracle Question for Goal Setting in CBT

1. What is the problem you want to work on?
2. How does the problem influence what you do, how you think and how you feel emotionally and physically?
3. How does this problem disrupt or place limitations on your life?
4. How difficult or distressing is the problem on a scale of 0-10?
5. **Miracle Question:** If you were to awake after a night's sleep and a miracle had occurred which made the problem disappear without you being aware that the miracle had taken place, what would you first notice when waking up?
 - How would you act differently?
 - How would you feel differently?
 - What would you notice about the way people respond?
 - How would this influence your key relationships?
 - How would this influence your family and friends?
 - How would this influence your performance at work?
6. If all of these changes had taken place, how distressing or difficult would the problem be on a scale of 0-10?
7. What small steps can you take to help achieve these changes without the miracle taking place?
8. What will you need to let go of or tolerate to take these small steps?
9. If you commit to these small steps, how will your life start to change?