

# Solutions-Focused Approach Questions

## Looking for Previous Solutions and Exceptions

1. Have you ever faced this problem before? How were you able to cope with it then?
2. What has worked in the past, if it was even for a short time?
1. Can you think of a time in the past (month/year/ever) when you were stably housed? What was different then?
2. What would have to happen for this to occur more often?
3. When doesn't the problem happen? What is different about those times?

## Scaling Questions

1. On a scale of 1-10, where would you say you are in terms of getting stable housing?
2. On a scale of 1-10, how stable do you feel like your job is right now?
3. What keeps you from being at a (*slightly lower number*)?
4. What do you think it would take for you to move up to a (*slightly higher number*)?
5. What would be the first sign that you had moved one point further/higher?

## Coping and Complement Questions

1. How do you cope with all of the problems going on?
2. What helps keep you going even when things are really hard?
3. Who is your greatest support? What do they do that is helpful?
4. What do you do that stops your housing situation from being worse?
5. What advice would you give to someone else who has had this problem?

## Inviting person to add information

1. Is that right?
2. What do you think is important for me to know about you?
3. What would you like to talk about?

## Platform Questions

1. What have you already achieved?
2. What has helped get you to where you are now?
3. What is going well for you right now?

## Eliciting Details

1. Tell me more about that.
2. What else?
3. Say more about that.