



What to say when you don't

Do they know what's wrong ?

Can they think in words or pictures, colours or emojis? Can they draw it or write it down?

Ask the "I wonder ..." question.

Scaling



0



10

When you think about it - how bad is it?

What would it take to move up one number on the scale?

Miracle Question

Suppose that tonight while you were asleep, there was a miracle and the problem disappeared. The miracle happens when you are sleeping.

When you wake up, what is the first thing you will notice that will tell you know that there has been a miracle?

What else? What would others notice?

Feelings

Their feelings are real. Allow them to express themselves safely. Give them time.