

SFBT Structure Sequencing

1. Get to know the client (explore hobbies/important people in their lives/things they're good at)
2. How will you know this session was useful? Or what are your best hopes for our time together? (figure out what the client wants)
3. Figure out what's most important (figure out a destination) & Establish a contract
***Note** if the client is struggling with this part may need to ask coping questions here
4. Goal Formation Questions (i.e., miracle, fast forward, suppose, what would need to happen)
 - a. Description of those goals with lots of details (what does it look like)
 - b. How's (how did you do that; how would that be useful; how would your partner know things were better?)
5. Exception Questions
 - a. Description of these exceptions with lots of details
 - b. How's (how did you do that; how was that useful; how would your partner know things were better?)
6. Scale current progress
 - a. Description of why they rated themselves the number with lots of details
 - b. How's (how did you do that; how would that be useful; how would your partner know things were better?)
7. Next Steps (The next time we're together and things are better, how much better would you like them to be? How would they be better?)
 - a. Description of those goals with lots of details
 - b. How's (how did you do that; how would that be useful; how would your partner know things were better?)
8. Task
 - a. 24-hour goal (What is one tiny thing you can do in the next 24 hours to help you move up to this point on the scale?) Details on how to make that happen.
 - b. Provide meaningful compliments
 - c. Meaningful task to do and practice until next meeting.