



Strengths Based Questions

- What is working well?
- Can you think of things you have done to help things that are going well?
- What have you tried? And what has been helpful?
- Tell me about how other people are helping you to make things go well?
- What could be going better?
- What stops things working better for you?
- What would be happening if things were working better for you?
- What small thing could you do that would make a difference?
- Tell me about what a good day looks like for you? What makes it a good day?
- What are you most proud of in your life?
- What achievements have you have made? How did you make them happen?
- What inspires you?
- What do you like doing? What makes this enjoyable?
- What do you find comes easily to you?
- What do you find you learn most easily?
- What do you want to achieve in your life?
- When things are going well in your life – tell me what is happening?
- What are the things in your life that help you keep strong?
- What do you value about yourself?
- What would your family and friends say you were good at?

- What would other people who know you, say you were good at doing?
- What is one thing you could do to have better health, and feeling of wellbeing?
- How have you faced / overcome the challenges you have had?
- What do you think helps you bounce back?
- How have people around you helped you overcome challenges?
- What are three things that have helped you overcome obstacles?
- If you had the opportunity what would you like to teach others?
- What do you value about yourself and what are your greatest strengths?
- How could/do your strengths help you to be a part of your community?
- Who is important in your life?
- How would you describe the strengths, skills, and resources you have in your life?
- What could you ask others to do, that would help create a better picture for you?
- What are three things that are going well in your life right now?
- What gives you energy?
- What is the most rewarding part of your life?
- When now, or in the past, have you felt like you are making a difference, making a contribution? How did you make this happen?
- What would make you feel you are making a contribution?
- What makes you feel excited OR useful OR satisfied? Tell me about a time when you felt these feelings?
- Tell me about a time when you responded to a challenge in a way that made you feel really on top of things?
- How have you been able to meet your needs?

- What kind of supports have you used that have been helpful to you? How did the supports improve things for you?
 - Tell me about any creative, different solutions you have tried. How did this work out?
 - When you think about X (whatever it is that is stopping things going well) is there anything you can think of that could help in any way?
 - Can you think of one small manageable step that would improve X for you?
 - What resources such as community, people, and equipment do you have now?
- Do you know of anything else that might be helpful for you?

