

**While You Are In The Waiting Room,
Some Thoughts For Whatever Brought You To Counseling**

"Change is inevitable.

Talking about successes in the past and present is helpful.

Only a small change is needed to solve a problem.

There are usually exceptions to the problem that can lead to solutions.

Most people have the resources they need in order to change.

One does not need to know much about a problem to solve it.

There are many ways to look at a situation, all equally correct."

From: 1001 SOLUTION FOCUSED QUESTIONS

by Fredrike Bannink 2010