

What Are We Worried About?	What's Working Well?	What Needs To Happen?
<p><b>Past Harm – <i>How worried are we and why?</i></b></p> <ul style="list-style-type: none"> <li>➤ What is the first time this worrying behaviour has been present, what happened?</li> <li>➤ What was the worst time that the behaviour impacted the child/children, and what did this look like?</li> <li>➤ When was the last time we were worried and what happened?</li> <li>➤ What has been your biggest worry about the child/ren when you have spoken with their social worker?</li> <li>➤ What would the children say has been the most difficult or upsetting thing/s for them in this situation?</li> <li>➤ What has happened, what have you seen, that makes you worried about this child/teenager?</li> </ul>	<p><b>Exiting Strengths- <i>What is good and what can we build into safety?</i></b></p> <ul style="list-style-type: none"> <li>➤ What is happening right now that is positive and is helping you to make things safe for your children in relation to the worries?</li> <li>➤ What are the good things happening that help your children to be safe at home?</li> <li>➤ What has been a time when you have worked things out in a good way or safe?</li> <li>➤ What are the best things about how you care for your child/ren each day?</li> <li>➤ What would your network say they are most impressed with that show you are caring for your child/ren in a good way?</li> <li>➤ What would the children say the best things were about yesterday and what happened?</li> </ul>	<p><b>Safety Goals- <i>What are we working towards and what does this look like?</i></b></p> <ul style="list-style-type: none"> <li>➤ Having thought more about this problem now, what would you need to see that would make you satisfied the situation is at a 10?</li> <li>➤ What would the children/network need to see that would make them say this problem is completely sorted out?</li> <li>➤ What are your hopes and plans for achieving safety for the children before our next meeting?</li> <li>➤ What are the key critical issues we need to focus on first?</li> <li>➤ Are the goals we have set helping you to achieve safety and well-being for the children?</li> <li>➤ If things were the way we would like them to be this time next week/month/year, what would be happening that meant we were no longer worried?</li> </ul>
<p><b>Future Danger- <i>What is the impact on the child/ren?</i></b></p> <ul style="list-style-type: none"> <li>➤ What are you worried has/will happen if things stay the same?</li> <li>➤ What do you see that tells you this is worrying/hurting the children?</li> <li>➤ What have the children said they are worried about in relation to what's happening right now?</li> <li>➤ How do you know the children are hurt or upset about what is going on right now?</li> <li>➤ What have you seen that shows you this is affecting the children?</li> <li>➤ When you think about what has already happened to the child, what do you think is the</li> </ul>	<p><b>Existing Safety - <i>What is happening that shows us the children are safe?</i></b></p> <ul style="list-style-type: none"> <li>➤ How are the immediate safety plan rules managing the worrying behaviours in a safe way?</li> <li>➤ What are the things that the family/network have done to make sure the children are not caught up in the worrying behaviour?</li> <li>➤ What are the times the children have been safe and cared for in a good way in spite of the worries?</li> <li>➤ What has consistently changed that shows the children are not been affected by what is happening right now?</li> </ul>	<p><b>Next Steps – <i>What will we/you/they do next?</i></b></p> <ul style="list-style-type: none"> <li>➤ What are the next things that should happen to get this worry sorted out?</li> <li>➤ What will be the first thing you/we do following our meeting today?</li> <li>➤ Are there any other things we need to focus on right now?</li> <li>➤ What is the most important thing that needs to happen next to get this worry dealt with?</li> <li>➤ What is the most important thing that we need to focus on in the short/medium/longer term?</li> <li>➤ What will you do/we do/they do to work through this situation in a good way?</li> <li>➤ What needs to stop/start/stay the same following our meeting today?</li> </ul>

<p>worst thing that could happen to them because of this problem?</p>	<p>➤ Which one of the rules in place has shown that the children are not been affected by the difficulties the family are facing right now?</p>	<p>➤ What is the key thing you have taken from today that you will focus on resolving right now?</p>
<p><b>Complicating Factors - <i>What makes safety more difficult to achieve?</i></b></p> <ul style="list-style-type: none"> <li>➤ Are there things happening in the children's life or family that make this problem harder to deal with?</li> <li>➤ What are the main barriers to achieving our goals in this situation?</li> <li>➤ What do we need to overcome so a realistic plan for safety can be achieved?</li> <li>➤ What are the main things that are getting in the way of good safety planning right now?</li> <li>➤ How has this situation meant that we have been unable to achieve the goals for safety right now?</li> </ul>	<p style="text-align: center;"><b>Types Of Solution Focus Questions</b></p> <p><b>Relationship Questions</b> - Allow a person to explore someone else's perspective (<i>different people see and experience different things at different points in time, all perspectives are wanted</i>)</p> <p><b>Exception Questions</b>- Exception questions elicit information about times when the problem usually would have been present, but instead, the problem didn't happen or wasn't as severe of a problem because people responded in a different way (<i>safety can be replicated when analysing exceptions</i>)</p> <p><b>Coping Questions</b>- Coping questions explore how someone has coped in a good way even though things seem hopeless (<i>resilience/problem-solving/solutions to change</i>)</p> <p><b>Miracle Questions</b>- what would good enough look like? (<i>Envisioning change</i>)</p> <p><b>Goal Formulation Questions</b>- To help the person think through what their goal is for themselves, children, and their family in relation to the worries (<i>aspirations/hopes/dreams/ambitions</i>)</p> <p><b>Scaling Questions</b>- Scaling questions give an individual interpretation of the worries, measure the journey, and prompt conversations around change (<i>measuring change and distance travelled</i>)</p>	