The Miracle Question

PROGRESS PSYCHOTHERAPY

Being low makes it hard to see solutions. Firstly, imagine a miracle happened where things get better. Write what happens in the miracle? What are you doing in it? Then detail steps to any possible or realistic parts of the miracle come true.

The miracle

The plan- broken down into actionable steps

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

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