

| Solution Focussed Brief Therapy (SFBT)question | SFBT aspect in promoting Winners Triangle (Choy, 1990) | How SFBT aspect resists Drama Triangle transactions |
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| Tell me about a time when you were really successful? | Personal resources | Resists reinforcing Victim role –identifies potency and competency |
| What has gone well recently? | Personal resources | Resists reinforcing Victim role –identifies potency and competency |
| How did you manage during that difficult time? | Personal resources | Resists reinforcing Victim role –identifies potency and competency |
| What is it that you do, or think, that makes you successful? | Personal resources | Encourages shift to potency from Victim |
| What would the best-case scenario? | Preferred future | Encourages shift to potency from Victim and resists Rescuer involvement |
| What would it look like if a miracle happened? | Preferred future | Encourages shift to potency from Victim and resists Rescuer involvement |
| How have you been managing in this situation? | Personal resources | Resists reinforcing Victim role –identifies potency and competency |
| What would you see if things improved just a little step? | Next steps | Encourages shift to potency from Victim and resists Rescuer involvement |
| Can you recall a time when you have been partly successful in similar situations? | Personal resources | Encourages shift to potency from Victim and resists Rescuer involvement |
| Tell me the best thing about the situation? | Next steps | Encourages reflection and recognition of potency |
| What are your hopes for the situation? | Preferred future | Encourages shift to potency from Victim and resists Rescuer involvement |
| What I really pick up on and appreciate is your ability, qualities, expertise, resourcefulness | Personal resources | Accounts for individual and therefore resists reinforcing Rescuer/Victim invitations |
| How might your abilities, qualities, expertise, resourcefulness be useful in managing this difficult situation? | Next steps | Accounts for the individual and therefore resists reinforcing Rescuer/Victim invitations |
| Is there anything already happening that fits in with what you really want for this situation? | Next steps | Accounts for the individual and therefore resists reinforcing Rescuer/Victim invitations |