



Solutions
Focused
Approach
Center

NIGHT TIME MIRACLE QUESTION
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Suppose tomorrow goes by as usual and outside your waking awareness or conscious thought, something like miracle happens, and the problems which appear during the night are solved.

Of course you don't know the problems are solved, because it happened outside your waking awareness or conscious thought.

What will be different from the time you begin preparing to go to sleep, through falling asleep, and being asleep, to waking up and opening your eyes the next morning that will tell you that this miracle has happened and the problems which previously appeared during the nights have been solved?

English version of NTMQ was co-created in cooperation with Martin Fletcher!

After NIGHT TIME MQ is asked try to hold direction of the conversation step by step and go through first, second, third and fourth stage:

<p>THE FIRST STAGE Preparing to sleep</p>	<p>Conversation is focusing on client's „doing”, his activities, thoughts, visions, convictions, contacts and relationships with other people, which where present in that situation. Conversation is less focusing on feelings.</p>	<p>What will you do, to prepare to sleep in a good way? How/In what way will you make your bed? How will you take care about your good mood? What is good for you to eat, drink before go to sleep? How will you take care about good atmosphere in your room – about the air, the best temperature?</p> <p>What thoughts will be in your mind? What will you think about going to sleep, and sleeping time? What will you think about coming night? On what, will you focus your thoughts? What will make you sure, that you are safe?</p> <p>What will happen between you and other people? What will these people see, when they will look on you, and your preparing to sleeping time?</p> <p>In what mood you will be? What will you feel?</p>
<p>THE SECOND STAGE Falling asleep</p>	<p>On the beginning of this stage, conversation is focusing on client's „doing”, and after that we are going to talk about client's thoughts, visions and convictions. Next the strongest attention in conversation is focusing on feelings, which are coming from the body. Also it is conversation about seeing and reclaiming outside signals with a little bit talking about thoughts which are going with.</p>	<p>Where will you lie down? What will you do, when you will be lying?</p> <p>About what will you think during lying? In what way will you be thinking about it? With what, falling asleep will associate for you?</p> <p>How will you feel? What will you feel? In what way will you be breathing? How your heart will be beating? How will you feel your body, muscles? What your eyes, eyelids will feel? What sounds will be coming to you? What will you see a few seconds before fall asleep? What thoughts will be in your mind a few seconds before fall asleep?</p>

<p>THE THIRD STAGE Sleeping</p>	<p>Conversation is going around dreams, these what is inside them. Also is going around how room looks like and around atmosphere in it. We can talk about how sleeping person looks like. Also about person's feelings which are going with sleeping and these which are going beside consciousness of sleeping person.</p>	<p>Will you be dreaming? About what will you dream? What kind of dreams these will be? What will you feel when you will be dreaming about this? About what these dreams will tell you? When during dreaming appear something difficult, how will you cope with it?</p> <p>How your room will look like, when you will be sleeping? How will look like your furniture, and other staffs? How much lights will be in that room? What will you see over the window? What kind of shadows will appear? What will you hear? What kind of cent you can smell?</p> <p>How your body will look like? What you can see on your face? How your hands will look like?</p> <p>What will you see, when you will wake up for a few seconds? What will you feel, and think in that situation? What do you think, what will you feel during sleeping time? What will your body feel?</p>
<p>THE FOURTH STAGE Awakening</p>	<p>On the beginning conversation is focusing on talking about feelings which go with awakening. It is conversation about first pictures, sounds, and thoughts after awakening. After that conversation is going wider, and compares also talking about client's action.</p>	<p>What will you feel in awakening moment? What will you see, when you will open your eyes? What thoughts will appear after when you open your eyes? What kind of feelings will flow to you, when you will awake? How will you be breathing? What will you do after awakening, when you will be still lying in the bed? What will you do, just a moment after going out from the bed? What will you see on your face, when you will look on the mirror? Who first will see, that you had a good night? What will somebody see?</p>

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