

The “Answer” for Kids

1. When you have time to do anything you want, what do you like to do?
2. What is your favorite thing to do on a Saturday morning?
3. What do you usually want to do after a long day at school?
4. When someone tries to make you do something you don't want to do, what usually happens?
5. What do you usually do when you are really happy?
6. How do people know if you are unhappy?
7. Do you like rules?
8. Do you like surprises?
9. Do you ever cry? Is it usually alone or in front of people?
10. What is a recent time you had a lot of fun?
11. What is a recent time you were frustrated?
12. Do you ever get angry? How do people know you are angry?
13. If you don't want to do something, how do people know?
14. Do you like to make up stories?
15. If you want someone to do something for you, how do you get them to do it?
16. If someone is doing something you don't like, what are you likely to do?

Therapist

❖ Begin to listen for what they do under pressure, what is overdeveloped and underdeveloped.

“So, it sounds like you are really good at _____ (letting people know how you feel). And it sounds like it is harder for you to _____ (let other people tell you what to do, like with teachers or parents asking you to do things).”

❖ Therapist is looking for how this was once an answer for the client. How did they learn how to do that so well? Why did they need to learn how to do that?

❖ Another way to do the “Answer” for kids is to create a superhero with special super powers.

Finding the Targets for Children

For children over the age of 10, the regular version of Finding the Targets can be used.
With younger children you will be finding the targets