SOARS CHEAT SHEET

Questions to help set/narrow goals:
• What would you like to be different?
• What, if anything, would you like to work on?
• Based on what we talked about today, what would you consider a personal goal?
• What specifically would you like to see change?
• What would you like to have more of? Less of?
• What do you see as the first change?

Questions to help sort options:
• How might you go about doing this?
• What have you considered doing?
• What’s worked for you before?
• What have you heard other people do?
• Techniques (E.P.E./Offer a Concern, Suggest an Experiment)

Questions to help arrive at a plan:
• What will you do first?
• What specific steps will need to be taken?
• What’s your plan?
• How will you know when it’s time to implement this strategy?
• Who might support you in this process?
• What might get in the way?