

Dr. Deb Gilman's

Miracle Questions



"If you woke up tomorrow, and a miracle happened so that you no longer worried about the divorce, what would you see differently?" "What would the first signs be that the miracle occurred?"

"Suppose tonight, while you slept, a miracle occurred. When you awake tomorrow, what would be some of the things you would notice that would tell you life had suddenly gotten better?"

Imagine that tonight as you sleep a miracle occurs in your life. A magical momentous happening that has completely solved this problem and perhaps rippled out to cover and infinitely improve other areas of your life too... Think for a moment and tell me... how is life going to be different now? Describe it in detail.

What would be better tomorrow if magically this issue resolved overnight?

What's the first thing you'll notice as you wake up in the morning?

I am going to ask you a rather strange question. The strange question is this: After this meeting, you will go back to your work (home) and you will do whatever you need to do the rest of today, such as taking care of the children, cooking dinner, watching TV, giving the children a bath, and so on. It will be time to go to bed. In the middle of the night, a miracle happens and the problem that prompted you to talk to me today is solved! But because this happens while you are sleeping, you have no way of knowing that there was an overnight miracle that solved the problem. So, when you wake up tomorrow morning, what might be the small change that will make you say to yourself, 'Wow, something must have happened—the problem is gone!'?"