Best Hopes Conversation - Concept brief

Understand the idea behind best hopes conversation and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin wants to leave knowing one manageable way to start the week.

The idea

The person's own hopes guide the conversation.

An ordinary example

Devin wants to leave knowing one manageable way to start the week.

What this can look like

Describe what would make this meeting useful using a personally meaningful, observable sign.

Check the fit

What would tell you this conversation was worth your time? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A preferred future can include advocacy, accommodations, and external change; optimism is not required.

Reflection

What would tell you this conversation was worth your time?

Scope and adaptation

Acknowledge distress and structural barriers before asking about change. Do not use exceptions or compliments to dismiss harm. A personal scale is a conversational aid, not a validated outcome measure, risk screen, or reason to withhold assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is Solution-Focused Therapy?. Full source links and scope: library.morethantherapy.org/approaches/resources/SFB-A01-1