Preferred Future Scene - Concept brief

Understand the idea behind preferred future scene and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin imagines beginning breakfast without immediately checking work messages.

The idea

A preferred future can be described through ordinary details.

An ordinary example

Devin imagines beginning breakfast without immediately checking work messages.

What this can look like

Sketch a small scene from a more workable day and name what you would be doing differently.

Check the fit

What would be the first ordinary detail you notice? 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 be the first ordinary detail you notice?

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-A02-1