Exception Finder - Concept brief

Understand the idea behind exception finder and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin started one task more easily when a friend sat nearby.

The idea

Useful differences can appear when a difficulty is less influential.

An ordinary example

Devin started one task more easily when a friend sat nearby.

What this can look like

Recall a recent manageable exception, what was different, and which elements could realistically recur.

Check the fit

Which detail made that occasion different? 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

Which detail made that occasion different?

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-A04-1