Exception Finder - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Useful differences can appear when a difficulty is less influential.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which detail made that occasion different?

4. An optional next step, support, adaptation, or reason to stop:

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-A04-2