# Exception Finder - Review journal

Review an attempt at exception finder and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

### 2. What I noticed before, during, and after; what remains uncertain:

### 3. What helped, did not help, or was outside my control:

### 4. Which detail made that occasion different? My optional adjustment or support request:

## 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-A04-5