Deliberate and Accidental Exceptions - Practice worksheet

Compare one intentional change with one helpful accident and identify what can be repeated.

Adults; supported use as appropriate | 15 minutes

Fictional example: Devin worked well in a quiet waiting room without planning to.

Use an ordinary or fictional example, with a clinician when appropriate. A helpful difference can be noticed even when it was unplanned.

Practice task

Compare one intentional change with one helpful accident and identify what can be repeated.

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

2. My response to the practice task above:

3. What part of the accident can become a chosen support?

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-A05-2