Why Not Lower - Practice worksheet

After acknowledging the difficulty, identify what has kept one area from becoming even less workable.

Adults; supported use as appropriate | 15 minutes

Fictional example: Devin has missed several appointments but still answers a supportive person's messages.

Use an ordinary or fictional example, with a clinician when appropriate. Existing coping can be explored without minimizing hardship.

Practice task

After acknowledging the difficulty, identify what has kept one area from becoming even less workable.

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

2. My response to the practice task above:

3. What has helped you keep that connection?

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-A07-2