Half-Step Forward - Concept brief

Understand the idea behind half-step forward and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin would like to open the task list without completing it all.

The idea

Small progress can be defined without pressure for dramatic change.

An ordinary example

Devin would like to open the task list without completing it all.

What this can look like

Describe a half-step improvement and one sign another person might notice if you chose to tell them.

Check the fit

What is a small enough step to be credible? 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

What is a small enough step to be credible?

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-A08-1