Coping under Constraint - Practice worksheet

Name a difficult condition, what has helped you get through, and what outside change or support is still needed.

Adults; supported use as appropriate | 15 minutes

Fictional example: Devin manages an unpredictable work schedule and needs more reliable childcare.

Use an ordinary or fictional example, with a clinician when appropriate. Coping questions recognize survival and context without praising endurance of harm.

Practice task

Name a difficult condition, what has helped you get through, and what outside change or support is still needed.

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

2. My response to the practice task above:

3. What should not remain your responsibility to solve alone?

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-A09-2