Relationship Questions - Concept brief

Understand the idea behind relationship questions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin thinks a friend would notice more relaxed conversation after work.

The idea

Other perspectives can clarify change without assuming others know best.

An ordinary example

Devin thinks a friend would notice more relaxed conversation after work.

What this can look like

Imagine what a trusted person might notice about a small improvement, then compare that guess with your own priorities.

Check the fit

Whose perspective is useful, and where might it differ from yours? 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

Whose perspective is useful, and where might it differ from yours?

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-A10-1