Relationship Questions - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Other perspectives can clarify change without assuming others know best.

Practice task

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

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

2. My response to the practice task above:

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

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-A10-2