# Relationship Questions - Review journal

Review an attempt at relationship questions and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

### 2. What I noticed before, during, and after; what remains uncertain:

### 3. What helped, did not help, or was outside my control:

### 4. Whose perspective is useful, and where might it differ from yours? My optional adjustment or support request:

## 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-A10-5