Specific Compliments by Consent - Practice worksheet

Identify an observable effort and ask whether acknowledging it fits the person's experience.

Adults; supported use as appropriate | 15 minutes

Fictional example: Devin kept a boundary during a busy week but does not want to be called strong.

Use an ordinary or fictional example, with a clinician when appropriate. Acknowledgment is most useful when accurate and acceptable to the recipient.

Practice task

Identify an observable effort and ask whether acknowledging it fits the person's experience.

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

2. My response to the practice task above:

3. What kind of acknowledgment feels respectful?

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-A12-2