Specific Compliments by Consent - Review journal

Review an attempt at specific compliments by consent and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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. What kind of acknowledgment feels respectful? 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-A12-5