Doing More of What Helps - Concept brief

Understand the idea behind doing more of what helps and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A quiet walk helped Devin once but is inaccessible during a pain flare.

The idea

Repeating a helpful action involves checking context and cost.

An ordinary example

A quiet walk helped Devin once but is inaccessible during a pain flare.

What this can look like

Choose a previously useful action, identify when it fits, and note when it should not be repeated.

Check the fit

What condition makes this option useful rather than obligatory? 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

What condition makes this option useful rather than obligatory?

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-A13-1