Doing More of What Helps - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Repeating a helpful action involves checking context and cost.

Practice task

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

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

2. My response to the practice task above:

3. What condition makes this option useful rather than obligatory?

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-A13-2