Doing More of What Helps - Review journal

Review an attempt at doing more of what helps and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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 condition makes this option useful rather than obligatory? 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-A13-5