Try Something Different - Concept brief

Understand the idea behind try something different and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin repeatedly rewrites a plan and considers asking one clarifying question instead.

The idea

A small variation can be explored when a repeated strategy is not helping.

An ordinary example

Devin repeatedly rewrites a plan and considers asking one clarifying question instead.

What this can look like

Identify a stuck response and design one safe, reversible alternative without predicting success.

Check the fit

What would you learn from a modest variation? 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 would you learn from a modest variation?

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-A14-1