# Noticing Change between Sessions - Practice worksheet

Choose one sign of a preferred difference and a low-burden way to notice whether it appears.

Adults; supported use as appropriate | 15 minutes

Fictional example: Devin looks for one occasion of beginning a task with less preparation.

Use an ordinary or fictional example, with a clinician when appropriate. Change can be observed without assigning constant homework.

## Practice task

Choose one sign of a preferred difference and a low-burden way to notice whether it appears.

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

### 2. My response to the practice task above:

### 3. What is enough observation for this week?

### 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-A15-2