Setback as Information - Concept brief

Understand the idea behind setback as information and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin's morning routine became harder when transport changed.

The idea

A difficult day can inform the plan without erasing earlier progress.

An ordinary example

Devin's morning routine became harder when transport changed.

What this can look like

Compare a setback with a better day, identifying changed conditions and retained resources.

Check the fit

Which condition changed, and what still helps? 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

Which condition changed, and what still helps?

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-A16-1