Multiple Views of Progress - Concept brief

Understand the idea behind multiple views of progress and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin values rest while a supervisor values speed.

The idea

People can value different signs of improvement.

An ordinary example

Devin values rest while a supervisor values speed.

What this can look like

Create separate descriptions of progress for yourself and a relevant supporter without forcing agreement.

Check the fit

Which goal is yours, and which needs negotiation? 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 goal is yours, and which needs negotiation?

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-A17-1