Keeping the Helpful Difference - Concept brief

Understand the idea behind keeping the helpful difference and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin's task-starting routine depends on written instructions arriving on time.

The idea

Maintenance can include anticipating constraints and seeking support.

An ordinary example

Devin's task-starting routine depends on written instructions arriving on time.

What this can look like

Name a helpful change, the conditions that sustain it, and an early sign that adjustment is needed.

Check the fit

What support makes this change sustainable? 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 support makes this change sustainable?

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-A18-1