Keeping the Helpful Difference - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Maintenance can include anticipating constraints and seeking support.

Practice task

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

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

2. My response to the practice task above:

3. What support makes this change sustainable?

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-A18-2