Solution-Focused Group Exchange - Practice worksheet

In pairs or a group, offer one preferred-future or exception question after permission and let the speaker decide what fits.

Adults; supported use as appropriate | 15 minutes

Fictional example: A group member wants help noticing useful exceptions rather than receiving ten suggestions.

Use an ordinary or fictional example, with a clinician when appropriate. A group can exchange questions without prescribing solutions for one another.

Practice task

In pairs or a group, offer one preferred-future or exception question after permission and let the speaker decide what fits.

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

2. My response to the practice task above:

3. Which question expands choice for the person speaking?

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-A20-2