Why Not Lower - Concept brief

Understand the idea behind why not lower and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin has missed several appointments but still answers a supportive person's messages.

The idea

Existing coping can be explored without minimizing hardship.

An ordinary example

Devin has missed several appointments but still answers a supportive person's messages.

What this can look like

After acknowledging the difficulty, identify what has kept one area from becoming even less workable.

Check the fit

What has helped you keep that connection? 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 has helped you keep that connection?

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-A07-1