Half-Step Forward - Review journal

Review an attempt at half-step forward and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Devin would like to open the task list without completing it all.

Use an ordinary or fictional example, with a clinician when appropriate. Small progress can be defined without pressure for dramatic change.

Practice task

Describe a half-step improvement and one sign another person might notice if you chose to tell them.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What is a small enough step to be credible? My optional adjustment or support request:

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-A08-5