Coping under Constraint - Concept brief

Understand the idea behind coping under constraint and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Devin manages an unpredictable work schedule and needs more reliable childcare.

The idea

Coping questions recognize survival and context without praising endurance of harm.

An ordinary example

Devin manages an unpredictable work schedule and needs more reliable childcare.

What this can look like

Name a difficult condition, what has helped you get through, and what outside change or support is still needed.

Check the fit

What should not remain your responsibility to solve alone? 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 should not remain your responsibility to solve alone?

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-A09-1