Coping under Constraint - Review journal

Review an attempt at coping under constraint and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Coping questions recognize survival and context without praising endurance of harm.

Practice task

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

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 should not remain your responsibility to solve alone? 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-A09-5