Resources Already in Use - Practice worksheet

Inventory people, routines, skills, objects, and accommodations already supporting one preferred outcome.

Adults; supported use as appropriate | 15 minutes

Fictional example: Devin uses a reminder note and a neighbor's shared ride.

Use an ordinary or fictional example, with a clinician when appropriate. A useful resource may be ordinary or easy to overlook.

Practice task

Inventory people, routines, skills, objects, and accommodations already supporting one preferred outcome.

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

2. My response to the practice task above:

3. Which support deserves a place in the next plan?

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-A11-2