

Solution-focused brief therapy (SFBT)

Finding One Sign of a Better Day

Adults | 10 to 15 minutes

A solution-focused conversation can ask what you want life to look like and when a difficulty has been less dominant. This exercise does not require a miracle, a positive mood, or proof that you can solve the situation alone.

Choose one manageable concern. Describe a small visible difference and look for an exception, existing resource, or person who could help.

Make the outcome concrete

Instead of 'everything is better,' describe what you would do or notice: ask one question, share one task, or have a clearer plan. Keep outside constraints visible.

Look for useful details

Recall a moment when some part was easier. What was different in the setting, support, or your action? If no exception comes to mind, identify a resource you would like access to.

1. What small difference would tell me this conversation had been useful?**2. When has even part of that difference happened, if ever?****3. What person, condition, or action helped or could help?****4. What feasible next step could build on that detail?****Clinical use and adaptation**

Do not force exception finding or use optimism to bypass danger, loss, or material barriers. Offer a resource question when no exception exists. This starter does not replace model-specific training, assessment, or individualized care.