

TIMES WHEN THE PROBLEM WASN'T A PROBLEM

A SOLUTION FOCUSED THERAPY WORKSHEET

Dr Deb

LIST SOME TIMES THAT WERE EXCEPTIONS TO THIS PROBLEM

It wasn't happening when...



WHAT WERE YOU DOING DIFFERENTLY AT THOSE TIMES?

What's in your control, that you could change?



WHAT CIRCUMSTANCES WERE DIFFERENT WHEN THE PROBLEM WASN'T SUCH A PROBLEM?

What's in your control, that you could change?



WHAT NEEDS TO BE ADDED OR SUBTRACTED TO GET TO A BETTER PLACE?

