

# Focus on Solutions



## *Solutions Focus Technique*

Write down your answers to the questions below:

1. Think of a situation that you've been complaining about. Rate how you feel about it on a scale of 1– 10, where 1 is "I'm the least satisfied about the situation" and 10 is "I'm the most satisfied." \_\_\_\_\_

(If you rated your situation a "1", please skip to question 3.)

2. Great, you didn't score a "1." Write down what you're doing (as many things as you can think of) that cause you to rate your level of satisfaction at the number you scored and not lower.
3. What would be the first tiny signs that your satisfaction has increased by one point? Think carefully and write down as many things as you can.
4. In light of what you've written above, what are the first small steps you could take in the next day to increase your satisfaction with this situation?
5. Begin to take some of the actions you've listed in number 4. Start to notice times when you are a little more satisfied, and build on whatever you're doing that helps you.

*Adapted from Solutions Focus technique. Used with permission of Mark McKergow.*