

# Solution Focused Brief Therapy (SFBT)

Interventions for Self-Care:

Helping the Helper and Client Navigate Trying Times

## In My Control/Out of my Control List Making (I Can Make Solutions Activity)

Right now, I'm feeling: \_\_\_\_\_

On a scale of 1-10 (with 1 being the worst, and 10 being the best) I feel: \_\_\_\_\_.

Example:

<b>Something I feel is out of my control right now:</b>	<b>3-5 Things That Are Within My Control To Address It/Make Me Feel better About It Today:</b>
The state of the world right now is very hard to deal with. I'm finding it very hard with the constant news updates and seeing all of the violence on TV.	1. Limit my exposure to the news.
	2. Remove news apps from my phone or turn off notifications.
	3. Call a friend and tell them how much I love them.
	4. Clean my bedroom.
	5. Read a book.
<b>Something I feel is out of my control right now:</b>	<b>3-5 Things That Are Within My Control To Address It/Make Me Feel better About It Today:</b>
	1.
	2.
	3.
	4.
	5.

If I had to pick one of the above to try first, it would be: \_\_\_\_\_.  
Try it! On the back of this page write down how it worked out. Then re-scale yourself, on a scale from 1-10 how do you feel now? \_\_\_\_\_.