

# Solution Focused Brief Therapy (SFBT)

## Interventions for Self-Care:

### Helping the Helper and Client Navigate Trying Times

#### A-Z Solutions

**What's Bothering Me Today:** \_\_\_\_\_

On a scale of 1-10 (1=The Most Awful I Can Feel, 10= The Best) I feel \_\_\_ about it.

26 Reasonable solutions that I can come up to deal with it are (each solution matching the letter, e.g. A: Ask for help, B: Build Bridges, etc.):

Column 1	Column 2	Column 3
<u>A</u>	<u>J</u>	<u>S</u>
<u>B</u>	<u>K</u>	<u>T</u>
<u>C</u>	<u>L</u>	<u>U</u>
<u>D</u>	<u>M</u>	<u>V</u>
<u>E</u>	<u>N</u>	<u>W</u>
<u>F</u>	<u>O</u>	<u>X</u>
<u>G</u>	<u>P</u>	<u>Y</u>
<u>H</u>	<u>Q</u>	<u>Z</u>
<u>I</u>	<u>R</u>	

My favorite solution (one from each column) is:

Column 1	Column 2	Column 3
_____	_____	_____

If I had to choose, I would choose the solution from column: **1**    **2**    **3**

On a scale of 1-10 (10 being the most confident a person can be) how confident am I that I'll take this course of action? \_\_\_\_\_.

How did it turn out? \_\_\_\_\_ and now I feel \_\_\_\_\_.  
If I had to do something different, what would it be?