

## Identifying Our Use of Strength-Based, Solution-Focused Skills

**Activity instructions:** Using the list of ten statements below as a guide, in your small groups identify what you are doing in your work that constitutes a specific example of each of the ten statements. If you were already doing the behavior before training, check the box in the “**I Do**” column. If you were already doing the behavior, but are consciously doing it more frequently since training, check the box in the “**Doing More**” column. If you had not done the behavior before, but have started doing it since training, check the box in the “**Started Doing**” column. Also, note the client families’ responses to your use of strength-based, solution-focused skills or strategies. Identify a spokesperson for your group and be prepared to report out on two or three examples of your group’s skill practice and family responses.

Behavior	I Do	Doing More	Started Doing
1. I ask clients/families to describe their understanding of the problem and what is going on in the family.			
2. I first listen carefully to their explanations without making judgments or immediately telling caregivers what they should do instead.			
3. I give families feedback about the strengths that I observe in the family.			
4. I ask caregivers what they are already doing to keep their children safe.			
5. I ask families what they are doing or have tried in the past to overcome any problems or behaviors harmful to children.			
6. I ask families what they would like to change.			
7. I ask families to describe a positive future when the present problems are resolved.			
8. I ask families for their input about how necessary changes can happen.			
9. I use scaling questions to assess and encourage confidence and commitment in families to achieve goals.			
10. I develop action steps with families that include their input and match their level of understanding and capability.			

**Client family response notes:**