

Exception Thinking

Sometimes, when something is going wrong, it can feel like everything is going wrong – especially in a child’s life. So, it can help to spend time considering when the problem is not there or is less intense (Adams, 2016).

Use this worksheet to identify when things are going better, as this could be a valuable source of ideas and inspiration regarding what to do and how to cope (modified from Adams, 2016):

What is the problem?

What would it be like if the problem was not there or was less intense?

Can you see signs of this happening already?

What are you doing when this happens?

What has worked for you in similar situations in the past?

Having answered the above questions, what do you think you could do more of in the future that may help?

References

- Adams, M. (2016). *Coaching psychology in schools: Enhancing performance, development and wellbeing*. London: Routledge, Taylor & Francis Group.

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