Exception Finding Steps

When the problem was less or absent. What was different. Who noticed.
How to do more.

Name: _____ **Date:** _____

1. When better

When was the problem a little less present, even for ten minutes?

2. What different

Place, people, sequence: what changed compared with a hard stretch?

3. Who noticed

Who else noticed? What did they see you do or hear you say?

4. Your part

What did you do that helped, even a little? Stay curious, not forced.

5. Link to better

Is this a piece of a preferred / miracle day already showing up?

6. Scale 0 to 10

Where are you today? What already puts you at that number?

7. Do more

What tiny action would create a little more of that exception?

8. Review

What happened? What did you learn? Adjust the next experiment.

Tip: detail first, then scale, then one tiny 'do more' experiment.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

Not positive thinking. A practice tool for SFBT style exception work.

Original layout by Lotus & Tulip, based on SFBT exception finding teaching. A practice tool, not therapy.

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My Exceptions Worksheet

When better. What was different. Who noticed. How to do more.

Name: _____ **Date:** _____

The problem in my words (short):

_____

_____

When it was better (even a little): when / where

_____

_____

_____

What was different (people, sequence, what I did):

_____

_____

Who noticed, and what they saw or heard:

My part (even small):

_____

One small 'do more' step (when / where):

_____

_____

Scale today 0-10: _____ A half point higher would look like: _____

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Exception Finding Practice Log

Seven days of exceptions noticed and tiny 'do more' steps.

Name: _____ **Date:** _____

Day / date	Exception / what different	Who noticed	Do more step	After 0-10
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

When was it a little better this week, even for ten minutes?

What was different? Who noticed? One tiny 'do more' before tomorrow ends.

Small exceptions count. A better stretch already counts as evidence.

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