

Ten Solution Focused Principles

1. Listen to the person – listen for possibilities
2. People have the necessary resources to make changes
3. Everyone has their own ways of solving problems
4. No sign-up, no change. Collaboration enhances change
5. Language shapes and moulds how we make sense of the world
6. Focussing on future possibilities and solutions enhances change
7. There are always exceptions to the problem
8. Small changes lead to bigger changes
9. If it works, do more of it; if it doesn't work, do something different
10. The problem is the problem, not the person

Highland Council Psychological Service



Works for Positive Change