Worksheet: Problem-Free Talk

This worksheet is designed to help clients explore positive aspects of their lives and recognise their strengths.

Counsellors can use it during sessions to build rapport and uncover resources that may support future problem-solving.

Section 1: Getting to Know You

1. **What's something in your life right now that makes you happy or excited?**
   (Example: A hobby, a recent achievement, or time spent with loved ones.)

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   _____

2. **What is one activity or hobby that you really enjoy? Why do you enjoy it?**
   (Example: Playing music, reading, sports, cooking, etc.)

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   _____

3. **Can you think of a moment recently when you felt proud of yourself? What happened?**

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   _____

   _____

Section 2: Exploring Strengths

4. **What are some skills or qualities you think you are good at?**
   (Example: Creativity, problem-solving, kindness, leadership, etc.)

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   _____

5. **Think about a time when you overcame a challenge. What helped you succeed?**

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   _____

6. **Who are the people in your life that support or encourage you? How do they help?**

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   _____

Section 3: Imagining the Best Version of You

7. **If you could spend a perfect day, what would it look like?**
   (Activities, people, places, etc.)

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8. **What are some things you are looking forward to in the near future?**
   (Example: A family event, learning something new, personal goals, etc.)

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Section 4: Building Connections to Challenges

9. **How could your hobbies, skills, or strengths help you in dealing with current challenges?**

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10. **What small steps could you take to create more positive moments like the ones you've described?**

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Instructions for Counsellors:

- Use this worksheet as a guide during sessions to encourage clients to explore their strengths and resources.

- Focus on building rapport and allowing the client to recognize their existing capabilities.

- Tie responses from the worksheet to potential solutions for challenges in later parts of the session.

SOLACE SHELTER