**Solution Focused Thinking/Conversations**

Quadrant 1=Preferred Future

Quadrant 2-Resouceful Past

Q3-Troubled Past

Q4=Dreaded Future

Q1 & Q2=Asset Based Thinking

Q3&4=Deficit based thinking

The goal is to acknowledge Q3 & Q4, but understand how to adapt them to support the thinking of possibility/hope characterized in Q1 & Q2.

RH



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