

Identifying Strengths: Use of ROPES

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| Resources | Personal Family Social environment Organisational Community |
| Options | Present focus Emphasis on choice What can be accessed now? What is available and hasn't been tried or utilized? |
| Possibilities | Future focus Imagination Creativity Vision of the future Play What have you thought of trying but haven't tried yet? |
| Exceptions | When is the problem not happening? When is the problem different? When is part of the hypothetical future solution occurring? How have you survived, endured, thrived? |
| Solutions | Focus on constructing solutions, not solving problems What's working now? What are your successes? What are you doing that you would like to continue doing? What if a miracle happened? (de Shazer, 1985) What can you do not to create a piece of a miracle? |