Identifying Strengths: Use of ROPES

**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?

Adapted from Graybeal, 2001
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