

# Exception Finding Questions

Exceptions are times when problems could have happened but did not. In the past there may have been similar circumstances to the present, but maltreatment did not occur.

You and the client need to examine who did what, when, where, and how - so that the problem won't happen again.

What you are trying to discover is how the patterns around the problems were changed and can be changed in the future. Problematic behaviors happen only within certain physical, relational or social contexts.

It is important to find out in detail what happens when the person does not have the problem.

To engage them in the FGDM process you can ask them the following questions:

## Examples of a question:

Was there a time when Bobby (child) acted out in the past and you did not use physical discipline?

## Possible key follow-up questions:

- What was different then?
- What did you or someone else do instead of hitting?
- What was different for you that you did not hit?
- Was anyone around to provide support?
- How was Bobby different then?
- What supports were around that may not be around now?
- KEY – what do you think you would need to recreate those moments when you could respond to Bobby without hitting? Possibly a FGC could assist you with getting the supports and resources you need, if so would you be willing to give it a try?.

## What you may learn by using this technique:

Identifying the abilities/resources/supports the client used successfully. Those strengths/abilities could be transferred and used again. Both you and the client see and learn about what may work to address the situation.

Write your notes and examples on the back of this sheet.