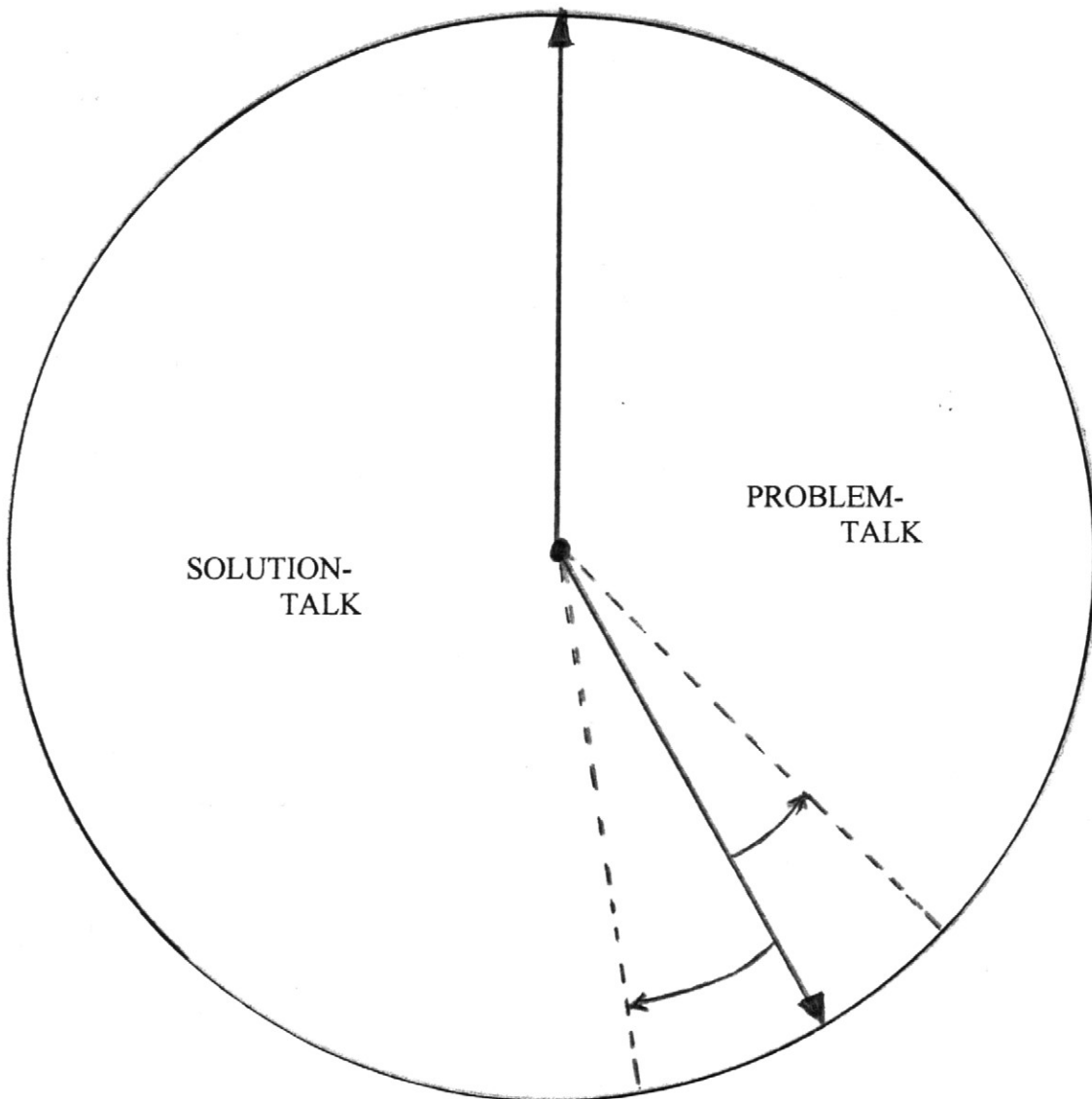


2. 'THE 5 O'CLOCK RULE' FOR FIRST SESSIONS



NOTES

1. 'Solution-talk' consists of things like: problem-free talk, strengths-based questions, exceptions, pre-session change, the miracle question, scaling, identification of small steps, etc.
2. 'Problem-talk' consists of what the nature of the problem is: its effects on the client's life, signs & symptoms, negativity, general difficulties, failed solutions, setbacks, etc.
3. The 2 sections in the diagram above are simply **overall proportions** of the 60 minute hour. It does **not** mean that the first 25 minutes consists only of 'problem-talk', i.e. the session may begin with problem-free talk. Also, as the client is outlining their problem story, the worker will be interrupting with strengths-based questions and asking for exceptions.
4. For 25 minutes of problem-talk is only a guide. It may be possible for it to be lessened (as in the diagram). It may be slightly more but, ideally, still less than 30 minutes; otherwise the client will be trained the wrong way.