

# ASKING THE RIGHT QUESTIONS - 13 INTERVENTIONS

**Systemic Thinking** is a simple technique for making sense of challenging situations and developing simple interventions for transforming them.

**Systemic Intervention** enables ordinary people to deliberately and systematically improve any challenging situation dramatically.

The 13 Interventions are:

1. In the past : „In the past you often had this and that problem..“
2. Ask „how“ , „what“, „which“ - Don't ask whether or if...
3. What would you like to do instead? Say what you want, not what you don't want
4. „Always“ is never right in context with a problem. Better say: „In the past“ or „often“. See Nr 1 also. Open the door for solutions
5. Your problem is comparable to... It is like.. Look for .. Compare your problem with one of your great strengths
6. Instead of „Hopefully nothing bad“ from „Hopefully good“ to „Certainly good“
7. 'Not yet': Goals are not yet achieved. Problems are not found solutions. Weaknesses are not yet strengths. Inability is not yet a skill.
8. Ask questions that imply the sought as present: What, which, when, how? What do you want to achieve? Which ideas do you have to solve the problem?
9. Questions should focus on solutions, improvements, skills and resources. And should be asked in small steps..
10. Suppose you would... Create new ideas
11. With the conscious mind you could not so far... Ask for the unconscious or a miracle..
12. Don't think questions.. „And it is not necessary..“ „And you do not need to allow, that...“ Some people can't accept direct suggestions... Than this can be helpful..
13. The VW rule: Statt Vorwürfe Wünsche ...