

Entering the System

Activating the matrix, following the energy of the client, and thereby entering their matrix. Both the present state and desired state are inside of a matrix!

- Exploration Questions
- Clarification Questions
- Meta-Questions
- Importance of State Induction



Escaping the System

“If a person comes to ‘know’ a theory about his behavior, he is no longer bound by it, but becomes free to disobey it ... [A] conscious decision maker can always choose to disobey any theory predicting his behavior.” (Nigel Howard, 1971)

- Inviting Self Listening
- Awareness Questions
- Detecting Patterns
- Detecting Frames



Changing the System

Choice Point!

- Testing Questions
- Quality Control Questions
- Challenging & Provoking

Then Co-Creation!

Subscribe
TO *change*

Facilitation Skills Re-Grouped

Make observations

- Pattern Detection
- Frame Detection
- Tracking Words
- Emphasis on words and gestures (Semantically Loaded)

Create Awareness

- Acknowledgement
- Putting words to emotions and gestures
- Summaries
- Checking questions

Ask questions

- Exploration Questions
- Checking for clarity
- Testing
- In depth probing