



Problem Solving Matrix

<p>(NO +) CURRENT SITUATION</p> <p>Regarding you yourself being in this role of</p> <p><input type="text"/></p> <p>What are you content with?</p> <p>What is your role, and in that role what is functioning in this situation?</p>	<p>(YES +) POSSIBILITIES</p> <p>Successful memories: Did you manage to do something similar before and achieve what you thought was not possible?</p> <p>Brainstorm: What can you do in order to achieve what you want?</p> <p>Who can help you?</p> <p>Who can support you?</p> <p>What kind of courage do you need to implement these changes?</p>
<p>(NO -) DIFFICULTIES</p> <p>What difficulties or obstacles do you see or know in these actions?</p> <p>What knowledge or skills do you lack in order to achieve that?</p> <p>Is there an internal conflict that prevents you from doing what is needed?</p> <p>Do you have a taboo? Something that you can't talk about in this situation?</p> <p>Is there something that you can't change – something that you have to accept as it is?</p> <p>Risk? What is the worst thing that can happen?</p> <p>What self-discipline is needed (what do you need to do persistently, regularly and with discipline)?</p>	<p>(YES -) WILL</p> <p>What would your ideal role as</p> <p><input type="text"/></p> <p>look like in the future; if you fully developed it?</p> <p>Comparing it with today what would you gain? What would you lose?</p> <p>What do you need to give up in order to reach the Zero Point in this situation or this floor in your tall building?</p> <p>How do you feel about the fact that you need to (think/feel/do) differently?</p> <p>What are you afraid of?</p>