

Miracle Questions

Inviting limitless thinking and visioning



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Tags Whole System: Vision and Purpose

Challenge:

People are trained to think and be “realistic”. What is “realistic”, though, is defined by the mainstream paradigm that blocks individual potential, passionate and transformative action. People tend to not even think into the direction of their aspirations and desires, because the mainstream has declared it as unrealistic. And “unrealistic” people are not generally viewed in a positive manner. This way, people don’t even get into contact with a more meaningful and fulfilling engagement and occupation. Much less they do a first step into that direction to explore what is possible. This is how the mainstream dictates direction and perpetuates problems.

Solution:

Situations that trick the “what is realistic” thinking help to overcome old beliefs that limit passionate action. By asking questions which envision that assumed everyday pressures do not exist can open up passionate and wholehearted envisioning and innovation. Questions can be of any kind, depending on the most common pressures your target group is facing, like “If you won in the lottery, what would you use your money for?” or “What is your wildest idea?”. More authentic and personalised visions may show up that have resonance with the deeper longings and aspirations of the people.

Examples:

“What is - at the moment - your wildest idea?”

“What would you do in life if you did not need any money?”

“What would you do if the next project you started was guaranteed to succeed?”

References:

deShazer, S. (1988). Clues: Investigating Solutions in Brief Therapy. New York: Norton & Co

weblink: <http://www.unk.com/blog/miracle-question-examples/> (access: 02.2016)