

**„I SEE it THIS way,
HOW DO YOU SEE it?“**

... towards a relationship-oriented attitude in counseling

**SHARE THREE THINGS WITH YOUR
NEIGHBOR YOU DO NOT KNOW:**

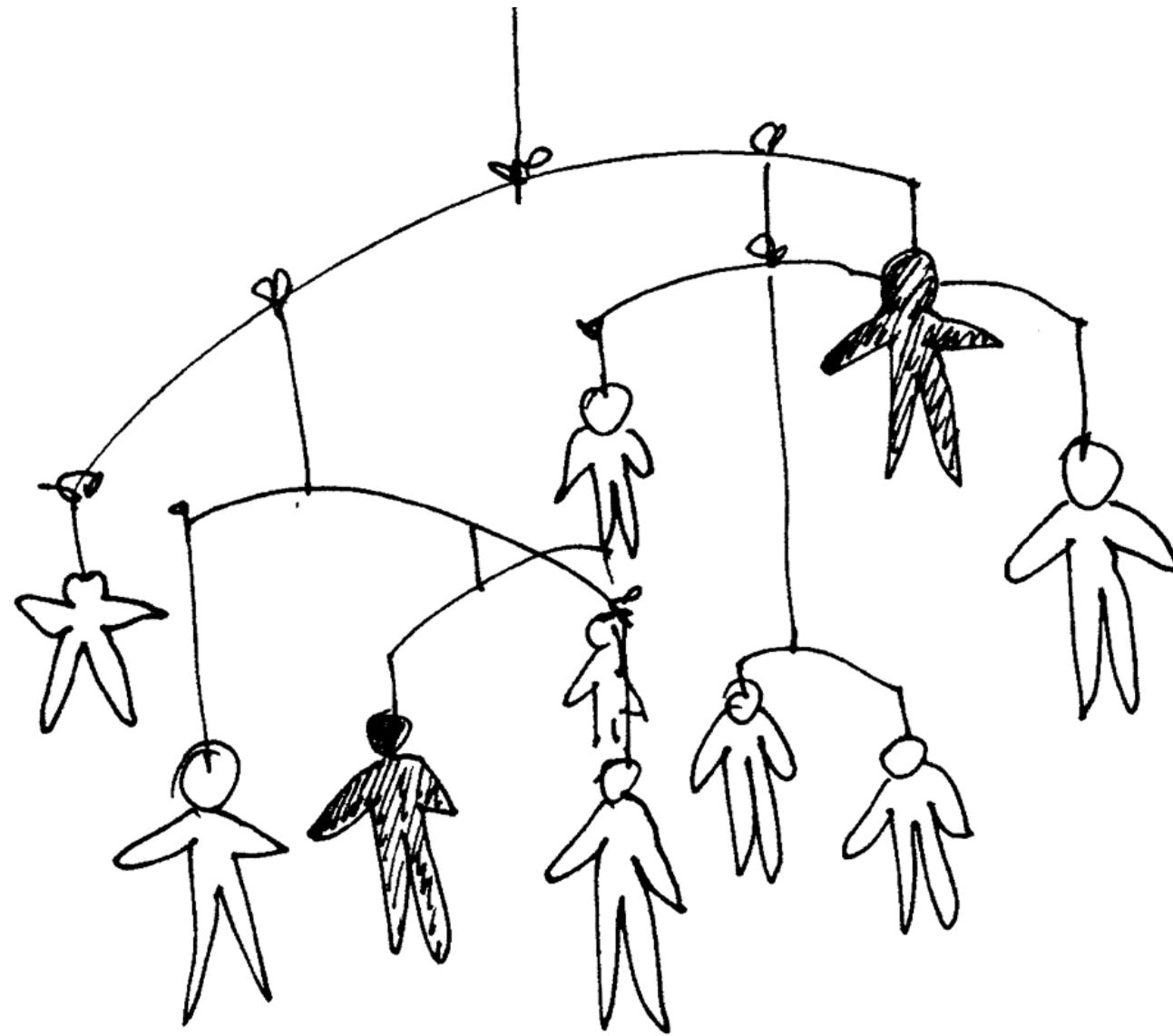


1. Your name.
2. Where you come from.
3. Why you are in this workshop.



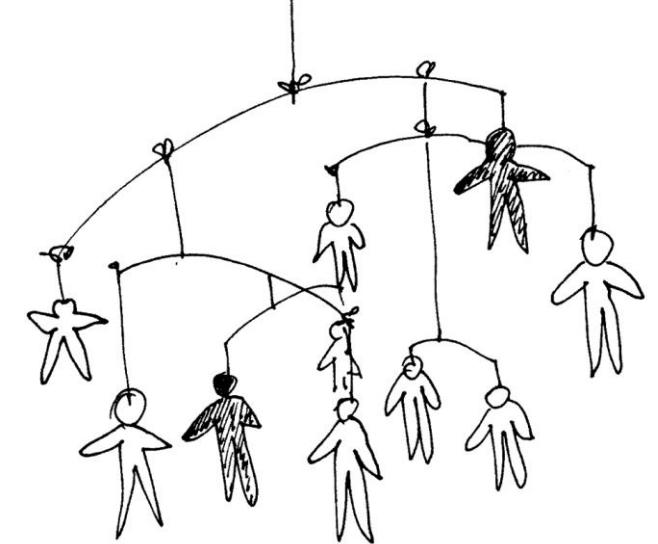
„JESUS AND THE WOMAN WHO HAS JUST BEEN CAUGHT IN ADULTERY“

1 Jesus went to the Mount of Olives. 2 Early in the morning he came again to the temple. All the people came to him, and he sat down and taught them. 3 The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst 4 they said to him, “Teacher, this woman has been caught in the act of adultery. 5 Now in the Law Moses commanded us to stone such women. So what do you say?” 6 This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. 7 And as they continued to ask him, he stood up and said to them, “Let him who is without sin among you be the first to throw a stone at her.” 8 And once more he bent down and wrote on the ground. 9 But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him. 10 Jesus stood up and said to her, “Woman, where are they? Has no one condemned you?” 11 She said, “No one, Lord.” And Jesus said, “Neither do I condemn you; go, and from now on sin no more.”



“Always act so that the variety of your options, shall expand”

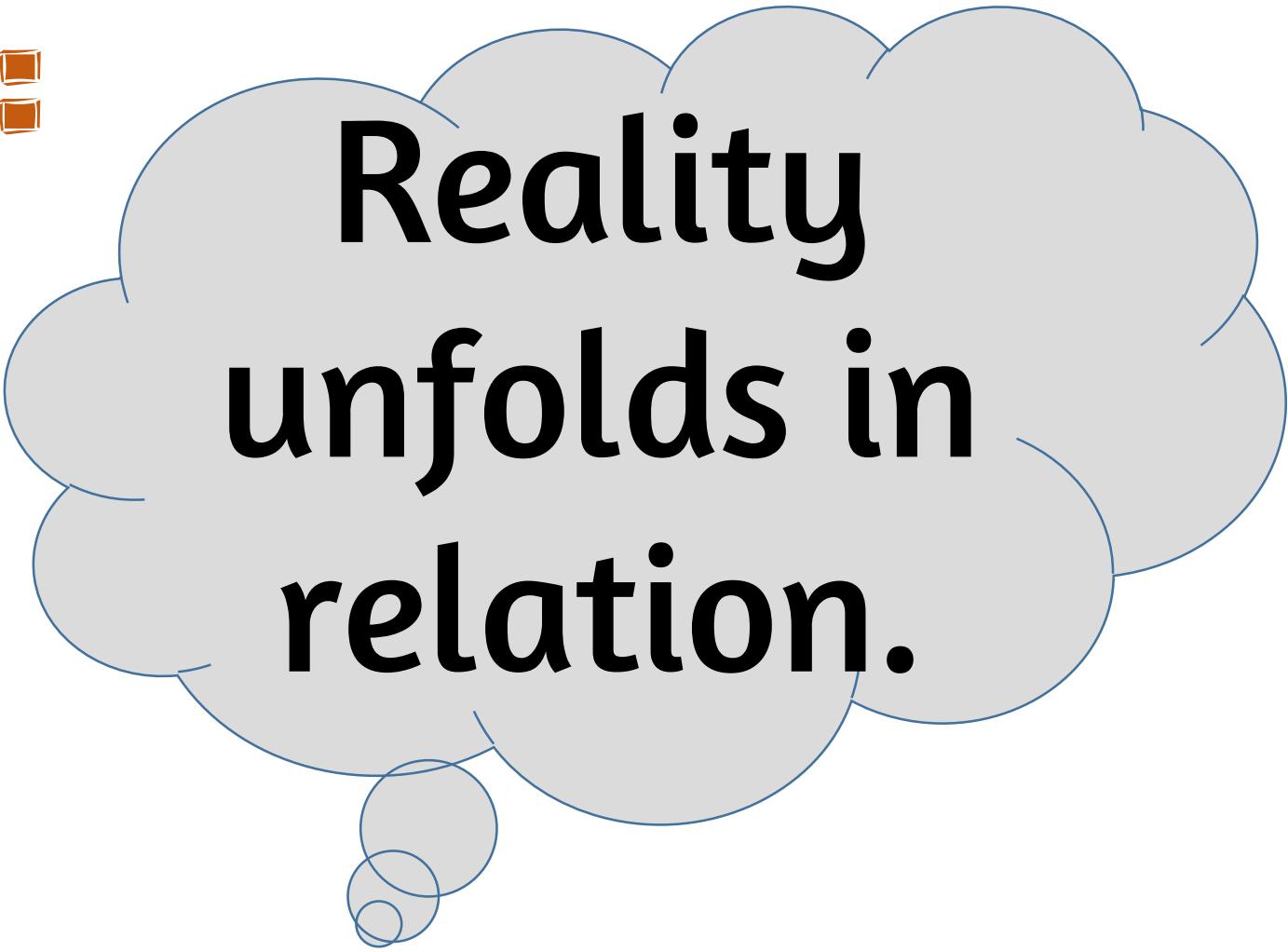
(Heinz von Förster)



“If you hold a hammer only, you treat any problem as a nail.”

(Paul Watzlawick)

1st ATTITUDE:



**Reality
unfolds in
relation.**



2nd ATTITUDE:

**Being curious
without
evaluating.**

1st ATTITUDE:

Reality
unfolds in
relation.

3RD ATTITUDE:

I do not fix „*who you are*“.

**I describe
„*what you do*“.**

1st ATTITUDE:

Reality
unfolds in
relation.

2nd ATTITUDE:

Being curious
without
evaluating.

4th ATTITUDE:



**Asking
open
questions**

1st ATTITUDE:

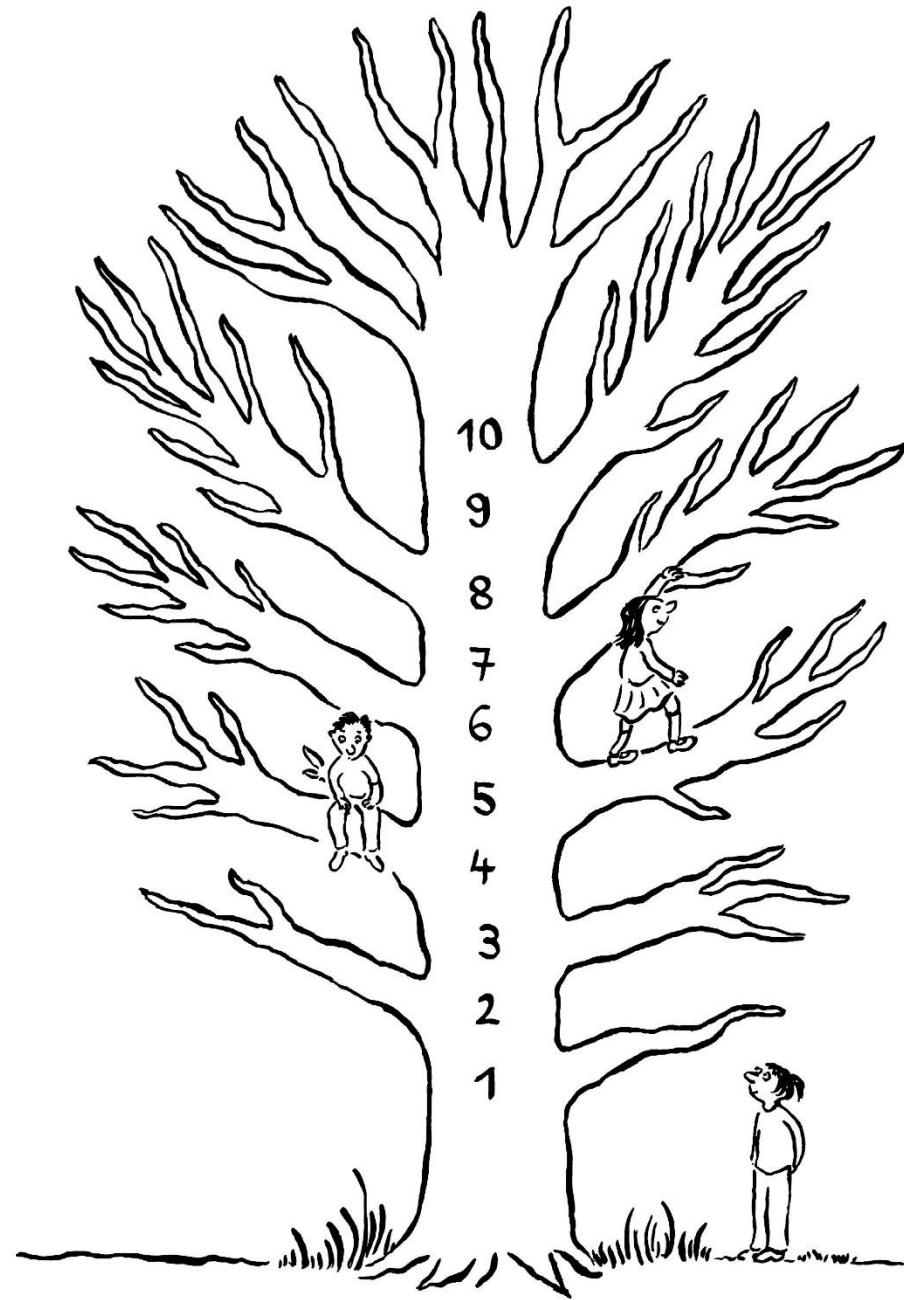
Reality
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2nd ATTITUDE:

Being curious
without
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3rd ATTITUDE:

I do not fix „who you are”.
**I describe
„what you do”.**





SOLUTION ORIENTED QUESTIONS:

- ❖ What can everyone of us contribute to a newstart?
 - ❖ Who do you think would be most angry about it?
 - ❖ Who do you think would rejoice in it the most?
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- ❖ When you need new power on your way of change, what will be your gas-station?
 - ❖ Which relationship do you experience the most supportive at the moment?
 - ❖ When the moment demands too much of you, how do you prepare for release?

5th ATTITUDE:



Seeing
what is
good

1st ATTITUDE:

Reality
unfolds in
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2nd ATTITUDE:

Being curious
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I do not fix „who you are”.
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Asking
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THE TRIPLE

Gather in groups of 2 people:

A reports a success she / he has shortly had

B answers with a TRIPLE

1. “*WOW this impresses me!*”
2. “*It might not have been easy. How did you do it?*”

A explains her / his way of success and ends with a wide smile



A REFLECTION:

Think about someone you don't like.

Someone, you really have a hard time with.



- ✓ What character traits or experiences, you have had with this person, are coming up?
- ✓ What kind feelings are coming up?

Create a list of shortcomings and critiques.

A CHANGE OF PERSPECTIVE!



- What does this person well?
- What is lovable about her /him?
- What have you experienced positively?

6th ATTITUDE:



Assuming the good

1st ATTITUDE:

Reality
unfolds in
relation.

2nd ATTITUDE:

Being curious
without
evaluating.

3rd ATTITUDE:

I do not fix „who you are”.
I describe
„what you do”.

4th ATTITUDE:

Asking
open
questions

5th ATTITUDE:

Seeing
what is
good

RESSOURCE-QUESTIONS:

“What in your life should stay the way it is?”

“What are you satisfied with?”

“What do like at yourself and others?”

LET'S REFRaIME a little Bit ...



THE SIX attitudes OF BEING „in RELATION“

1st ATTITUDE:

Reality
unfolds in
relation.

2nd ATTITUDE:

Being curious
without
evaluating.

3RD ATTITUDE:

I do not fix „who you are“.
I describe
„what you do“.

4TH ATTITUDE:

Asking
open
questions

5TH ATTITUDE:

Seeing
what is
good

6TH ATTITUDE:

Assuming
the good



**Thank you
very much !!!**