

People are doing it for themselves

Solution Focus as a Personal Methodology

Rayya Ghul 2017

My Solution Focused Journey

- From Occupational Therapy
- To Higher Education
- To self-help
- And what I have learned along the way ...

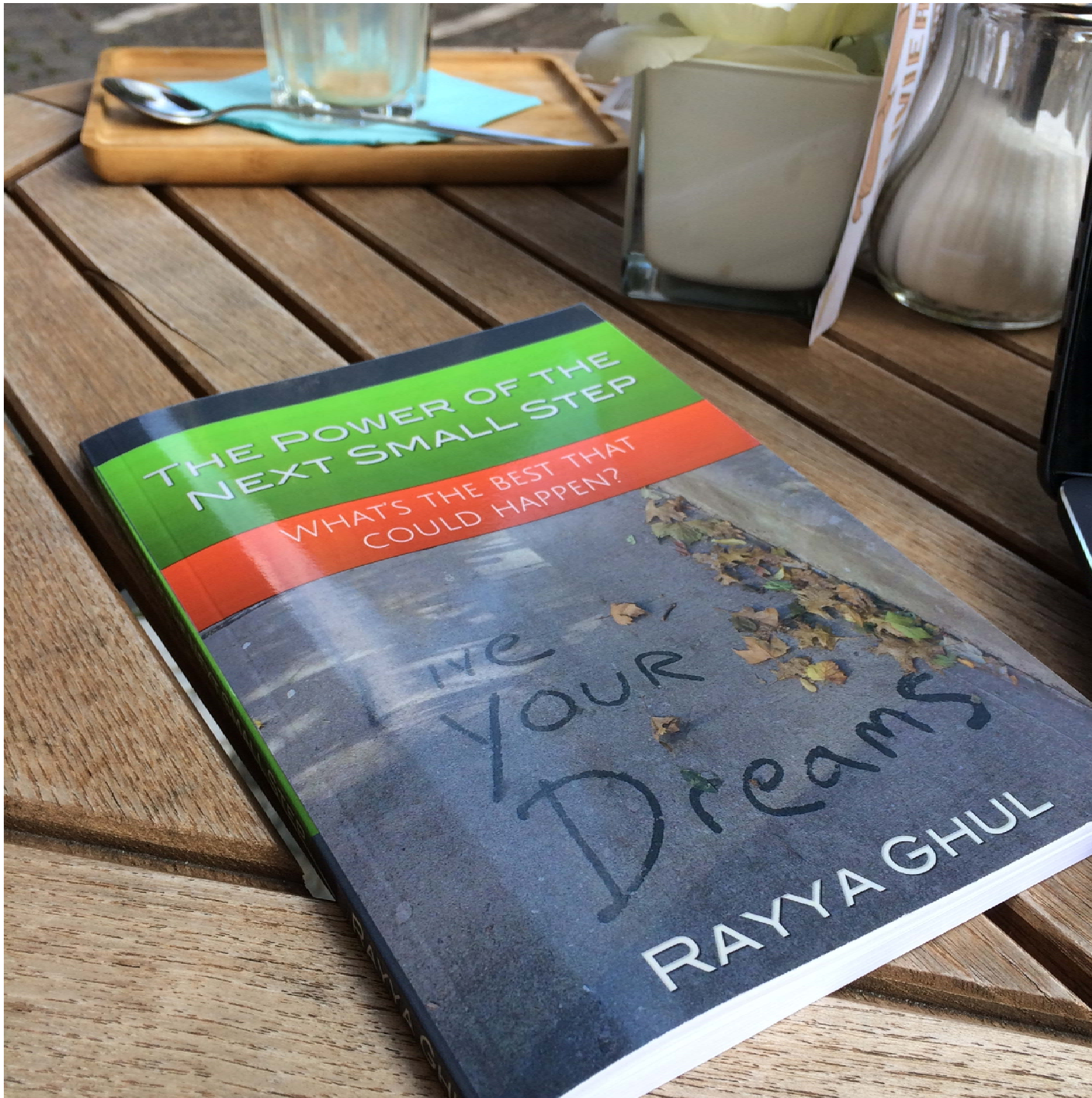
The Challenge of SF as Self-Help

Who is for?

Everyone and anyone

That's not possible – you have to have a specific market.

I do, human beings




The Pitch

- This isn't a book about how to get rich, find the love of your life, make a business work, get your children to listen to you, lose weight or make millions.
- *Instead, this book is about how to live a sane and successful life using a remarkably simple approach called 'Solution Focus'*



The Secret

**Find what works and do more of
it!**



But first ...

Most of the difficulties and distress we feel in life are not, strictly, 'problems'.

If they were, we could solve them fairly easily with the right tools and skills.

(we are already pretty good problem-solvers)

Myth-busting

- Busting the Big Myth – There is no such thing as ‘normal’.

Spend a couple of minutes reflecting on what ideals you feel you fall short of

How many of these are actually based on messages about what is ‘normal’ or ‘ideal’?

What would happen if you focused on being the ‘BEST YOU’ instead?

More Myths (New Maps?)

1. You have to change before anything else can change
 - YOU don't have to change before other things can change
2. Something big has to change before anything else can
 - Change is not dependent on something BIG happening first
3. We can know all the facts about a problem
 - We can never know all the facts about a problem – so don't probe or make them up
4. Knowing all the facts about a problem will help you to solve it
 - Even if you know all the facts about a problem it isn't always helpful
5. In order to find a great solution you have to spend lots of time talking about the problem
 - You don't need to know anything about the problem to find great solutions!

Exercise

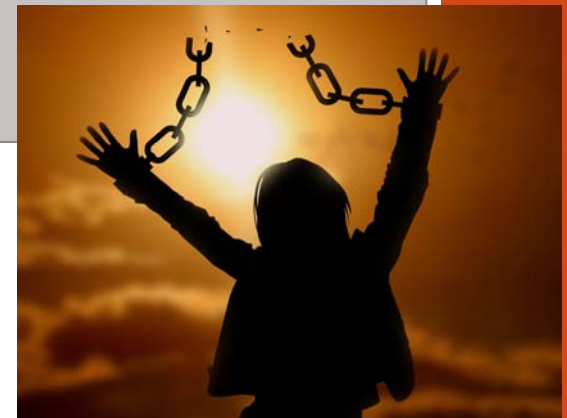
Have you got an excuse that you keep using for why you can't do something?

Imagine your past is like a computer hard drive which has been wiped clean so the excuse has been completely erased.

What is possible for you now?

List at least 10 actions you could take.

If you liberate yourself from the problem and start by considering your best possible future, all of a sudden your focus is immediately on hope and possibility.



The detail is in the difference

Imagine you go to sleep tonight and in the night, while you are asleep, a miracle happens and you wake up and find you have inherited 2 million (Euros, Pounds, Dollars ...)

What difference would that make?

What difference would **that** make?

What difference would *that* make?

What difference would THAT make?

What difference would **THAT** make?

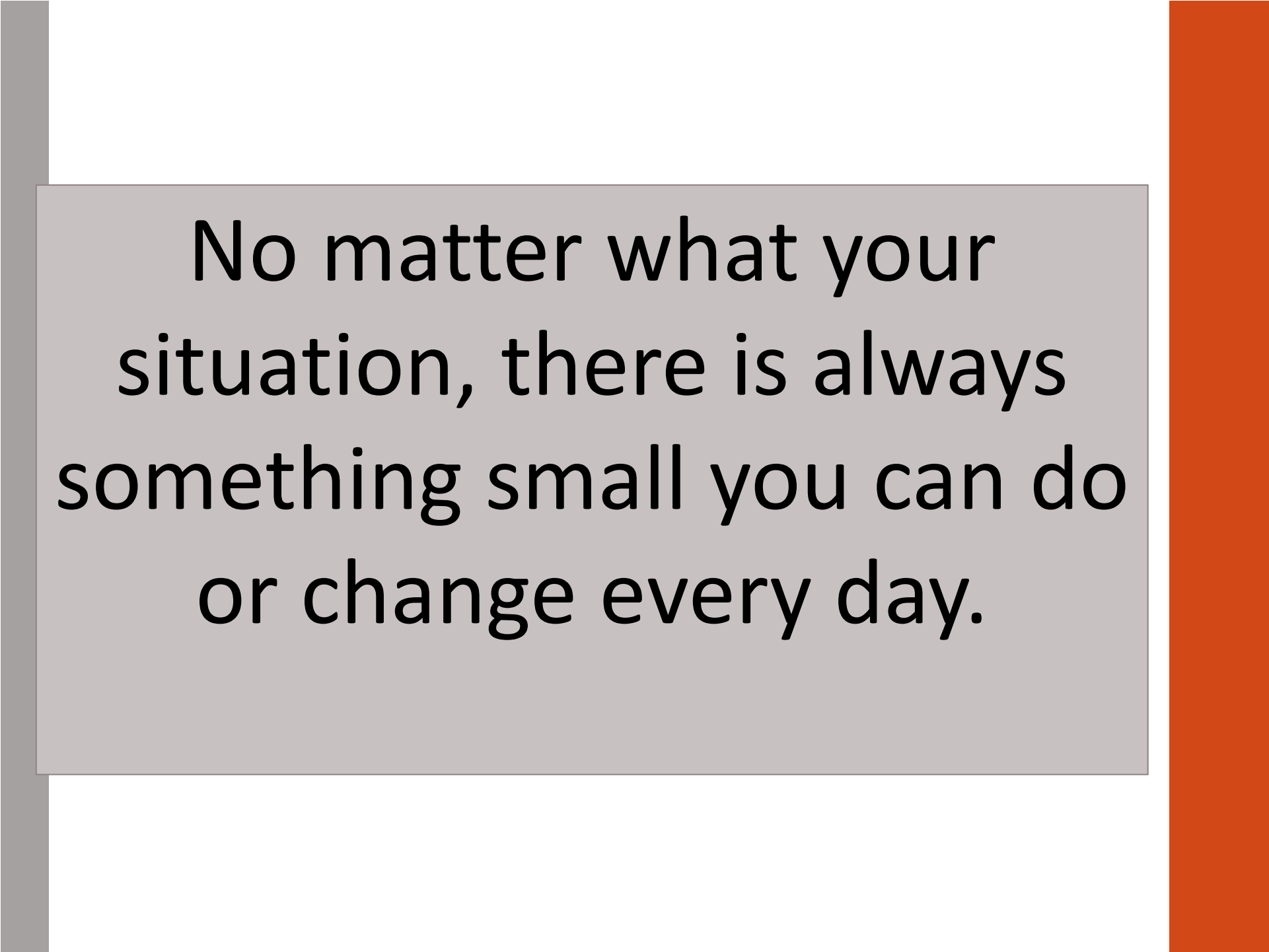
What difference would **THAT** make?

Goals are dangerous!

- ...unless you are training for a marathon or planning your workload!
- Failure and goals go hand in hand.
- It's nearly impossible to set goals which involve people and other unpredictable factors.
- Goals are limited to what you think is possible.
- You are acting like you can tell the future!
- YES! I AM SAYING THAT GOALS ARE UNREALISTIC!!!

The Power of the Next Small Step

- Turn yourself into a scientist
- Treat life like an experiment in finding what works
- Try out small, low-risk steps towards your preferred future
- Keep your preferred future as a compass to keep you on track
- When you stray off the track, take a small step back towards your preferred future.
- Or ...
- If you like where you've found yourself, set a new compass!

A decorative graphic consisting of two vertical bars: a grey one on the left and an orange one on the right, both extending from the top to the bottom of the slide. A light grey rectangular box is centered between them, containing the text.

No matter what your
situation, there is always
something small you can do
or change every day.