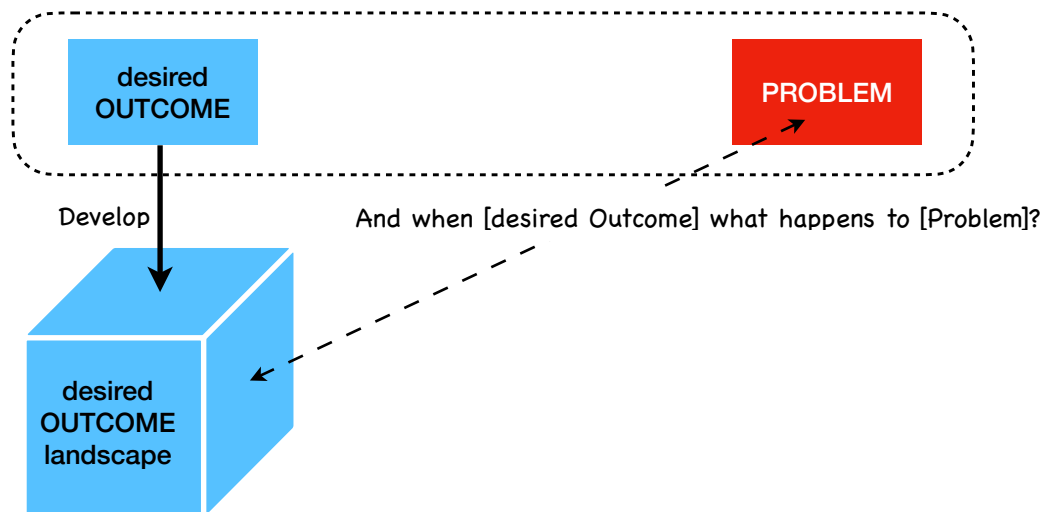


1-2 October 2022

The relationship between problems and desired outcomes – an inconvenient marriage

Examples of Five ways to work with to a 'desired Outcome-Problem' Relationship

1: Develop desired Outcome and then relate to the 'Problem'



All the following examples are taken from transcripts of sessions conducted with Ukrainian psychologists during the first weeks after the start of the war.

The extracts illustrate five ways we work with 'desired outcome-Problem' relationships.

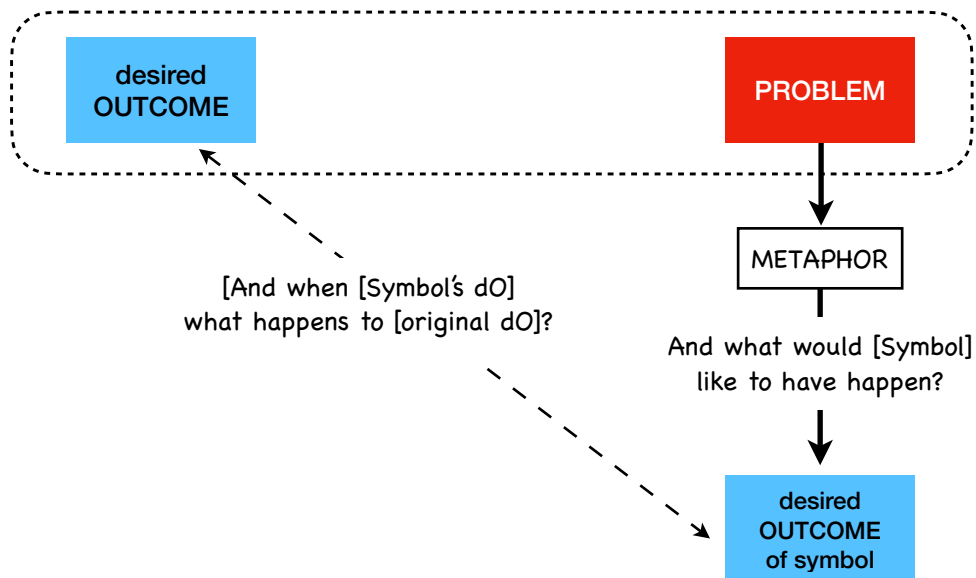
The row numbers refer to the full annotated transcripts and links are provided for you to examine the extracts in context.

The first extract illustrates how we invited the client to continually attend to her desired Outcome even though numerous problems keep appearing (all of which are acknowledged). A resource is located from the client's desired Outcome which is slowly developed into a metaphor. At that point the client is invited to attend to her original Problem of inflamed gums (which is revealed itself to be a metaphor)

Row	F/C	Transcript
1	J	And what would you like to have happen?
2	C	I would like the inflammation of my gums to stop.
8	C	...I see it's a reaction of my body that I am not managing the situation. And the day before yesterday in the family where I'm living at the moment, the young woman was notified that her husband had died in the war, in a battle, and that's when I felt an activation of my symptoms of inflammation. And of course I'm trying to help support the family because I'm living with them. ...
9	J	... And so what would you like to have happen when your body is reacting because you're not managing the situation?
12	C	Probably I have to find some words, or other words. Because now together with this mother, with this woman, we have to tell the child that his father has died. And I don't know how to find the words.
13	J	So you have to find some words to help the mother tell this child. And where could words like that come from?
14	C	I don't know. [Pause] These words they exist somewhere in my mind but I cannot put them together. I've forgotten how to express myself.
15	P	And the words exist in your mind but you cannot put them together. And when they exist in your mind, where in your mind do they exist?
16	C	In my memory.
17	J	In your memory. And whereabouts is your memory of those words?
18	C	Probably somewhere in my brain.
19	P	Somewhere in your brain. Whereabouts in your brain?
20	C	I don't know. [Pause] I have thought that probably what I want instead of words – I want to tear apart with my teeth all these abusers who who kill our people. This is probably what has created this feeling....
21	J	And to tear apart the abusers. And you need to find the words to tell the child that his father has died. And what kind of words are those words in your memory?
27	J	And so where does your want to support the family come from?
28	C	From love.
29	P	And from love. And what kind of love is a love that wants to support?
30	C	A kind of warmth here in the body.
		[31-47 Develops a metaphor for the resource.]
48	C	It's like planets - like a galaxy where the planets – the words go one-by-one [gestures depict metaphor].
54	J	And as those words that are like planets in a galaxy that are connected and link that child with their father [pause]. And you would like to tear the abusers apart [pause]. And your support for the family comes from the love in your body that's warm and trembling, what happens in your gums?
55	C	First of all I'm starting to breathe. [pause] And my gums hold my teeth tightly. [pause] And right now I don't feel any negative feelings or sensations.

Full transcript #5: cleanlanguage.com/finding-words-in-a-spiral-galaxy/

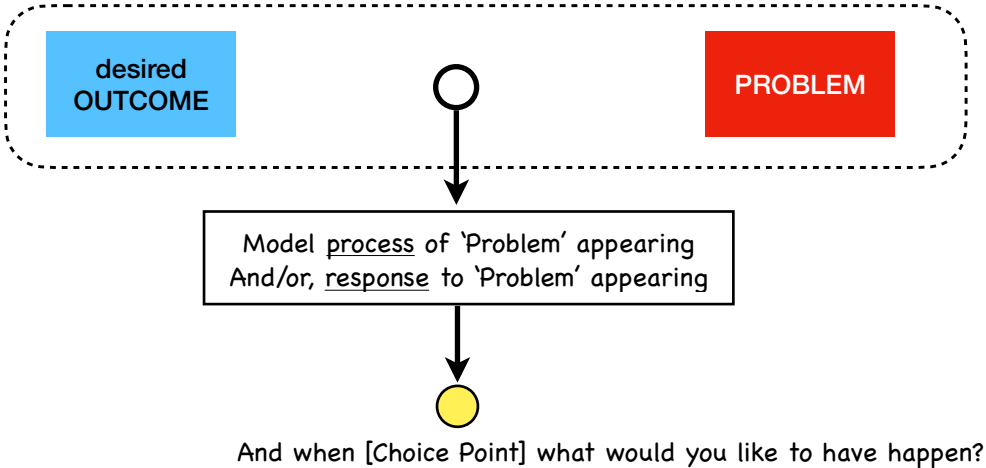
2: Identify metaphor and intention for 'Problem' and relate to desired Outcome.



Row	F/C	Transcript
4	C	I would like to accept myself more and to love myself more.
		[5-12 desired Outcome developed]
13	P	And so from here it starts and it's in your chest, and does that feeling free and independent have a size or a shape?
14	C	I have a ball in my throat.
15	P	A ball in your throat. And anything else about a ball in your throat?
16	C	I don't know about the ball, but I have something here [points to head]. I have tears in my eyes, and I know the tears will not go out. I know that they just stay in here.
17	P	And you have something here and tears in your eyes that you know will not go out. And when you have something here, is there anything else about that something here?
18	C	It's like a stone. A dark grey stone with some edges.
19	P	A grey stone with some edges. And when a grey stone with some edges, whereabouts is that grey stone?
20	C	This stone is in my throat, mostly over all my throat.
21	P	And when that stone is over all your throat, and tears in eyes that will not go out, what would that stone like to have happen?
22	C	To hold something and not let something go out. It closes the way for something to go out.
23	J	So that dark stone in your throat closes the way for something to go out, and then what happens to accepting and loving yourself?
24	C	[Pause] This acceptance appears to stay in a very closed place here [touches chest], and it has no freedom to go out

Full transcript #6: cleanlanguage.com/i-am-freedom-and-i-am-independence/

3: Model moment 'Problem' appears and identify a 'Choice Point'.

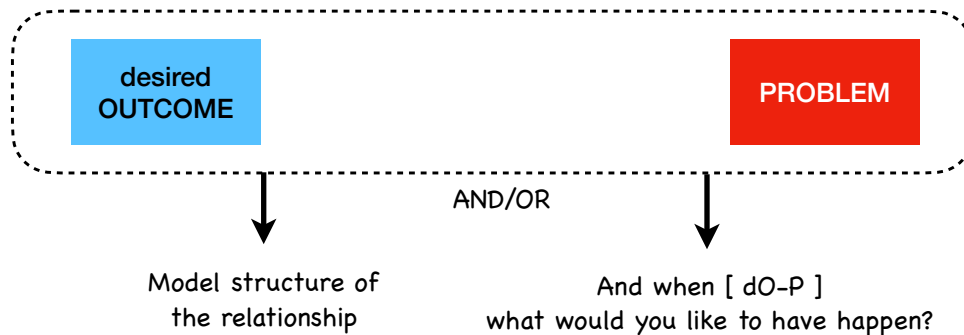


Row	F/C	Transcript
35	C	I become calm and I stop hating everybody, myself and all the world. I become calm, and joyful, and not angry anymore.
36	F	Not angry, and you're calm, and you stop hating yourself and everybody. And joy. And then what happens?
37	C	I live.
38	F	You live. And you live and there's calm in your chest, like a clear sky, and light in your eyes. And where could the calm in your chest like that sky come from?
39	C	[Long pause.] It exists always, but this dark cloud that is coming from time to time holds it and covers it.
40	F	So the calm exists all the time and then there's a dark cloud that comes. And when that dark cloud comes, from which direction does that dark cloud come?
41	C	It's difficult to say because when I'm inside my body I have an impression that it's comes from my head.
42	F	An impression. And anything else?
43	C	And also it comes from my pelvis.
44	F	And from the pelvis and from your head is where the dark cloud comes from. And so what would you like to have happen just before the dark cloud comes?
45	C	[Pause] I don't know because I think about this like circumstances that just happen, and I cannot do anything about them, and this makes me angry.
46	F	And it's circumstances that you cannot do anything about. And so when there are circumstances you cannot do anything about, what would you like to have happen when you cannot do anything about the circumstances?
47	C	I want it to stop and at the same time I don't want it to stop. Because if it will stop that means my child will die. [Voice breaks] And because of that when I'm waiting for her death, I feel very guilty.

The client is now addressing a painful bind.

Full transcript #4: cleanlanguage.com/from-pain-to-calm-clear-sky/

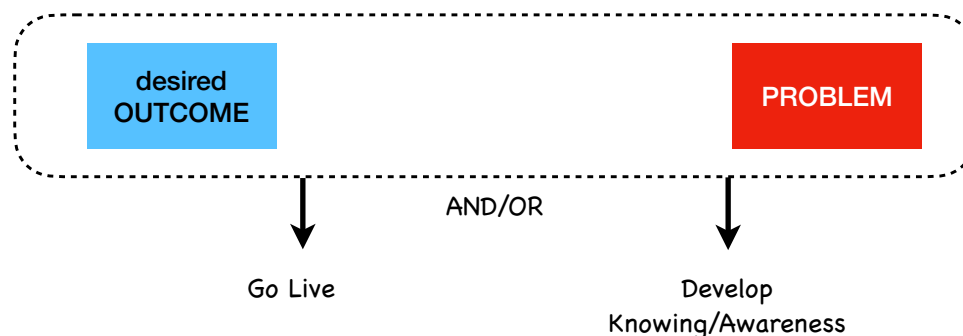
4: Model the relationship and intention when both desired Outcome and 'Problem' exist.



Row	F/C	Transcript
3	P	... what would you like to have happen?
4	C	I would like this to stop; that the Earth would not drop down.
5	P	And you would like this to stop, that the Earth would not drop down. And when this stops, then what happens?
6	C	And then I stop. I stop to collect my things. And I'm stopping to collect my stuff and I stay at home. I'm not running away.
7	P	And you stop and collect your things and stay at home and not run away.
8	J	And when you stay at home like that, what kind of 'stay at home' is that?
9	C	I have two simultaneous pictures here and one of them is about the desired outcome where I live a normal full life. Another one is, it's still unsafe to stay here and I have to collect my stuff and run away.
10	J	So you have two simultaneous pictures. One is leading a normal full life, and the other is feeling unsafe and wanting to run away. And when you have those two simultaneous pictures, what would you like to have happen when you have those two pictures?
11	C	That only one picture would be left, the one with the full life.
12	J	And you'd like only the one picture. The one with the full life. And what kind of picture is that picture?
13	C	Now I've got an idea that I should be real and not want that picture to disappear, but to get some way to unite both pictures
14	J	To get a way to unite both pictures, and to be real. And is there anything else about unite those two pictures?

Full transcript #2: cleanlanguage.com/coping-with-un-safety/

5: Work adjacent to the relationship



Row	F/C	Transcript
1	P	And what would you like to have happen?
2	C	I would like to transfer despair into some kind of new place in my life. I'm not sure at the moment what kind of place it is. So I would like to have a better vision of it.
3	P	And you would like to transfer despair into some kind of new place in your life. And you're not sure what kind of place, and you'd like to have a better vision of it.
4	C	It's not that I <i>want</i> to transfer. It's already happening.
5	P	And you'd like to have a better vision, and it's already happening. And what kind of better vision is that better vision?
6	C	It is something that is situated in front of me. But I cannot see anything concrete there. I just know that it is there. It is right there.
7	P	And it's right there. And you know it's right there even when you can't see it. And when you know it's there, where is that know?
8	C	It's in my stomach [touches stomach].
9	P	Whereabouts in your stomach?
10	C	It's a bit below the navel. It's a kind of warm and relaxing feeling or sensation.
11	P	And it's below the navel and a warm and relaxing sensation. And when it's warm and relaxing, does that warm and relaxing sensation have a size or a shape?
12	C	This kind of size [gestures], and this something is an oval shape with some volume.
13	P	And when it's oval with some volume, it's oval with volume like what?
14	C	Something yellow and fluid.
15	P	Anything else about that yellow and fluid?
16	C	I like that it is there in my stomach, I feel pleasure with it.

Full transcript #7: cleanlanguage.com/a-double-bind-waiting-for-change/