

12 of the many ways of facilitating a client in an 'either/or' bind

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Below are 12 ways of working with an 'either/or' binding pattern (in no particular order). Using 'trial and feedback' you'll find out which of these ways of working seem most valuable for the client. This doesn't necessarily mean the client 'resolves' the dilemma in the session, but it will likely mean the client's system has a greater appreciation of what's happening and *where* they can make a change the structure/process – should they choose to do so.

The client can be facilitated to:

1. Develop the 'either A or B' structure. This can be done in 4 ways and augmented by the client embodying/physicalising the dilemma (e.g. "on the one hand").

Develop:

- 'A then B'
- 'B then A'
- 'A or B' together.
- The 'or' in between.

2. Keep bringing the whole dilemma into awareness. i.e. acknowledging the (painful) reality of the situation.
3. Identify and develop the pattern that inhibits the resolution of the dilemma, and therefore makes it a bind.
4. Develop Resources and/or proposed Remedies. If they have a valuable affect, great. If not, the client will more likely realise they need a different *kind of* approach/perspective.
5. Attend to the choice point *just before* the dilemma – and hold attention there and to consider what they would like to have happen *at* that choice point.
6. Consider what they would like to have when they are *in* this bind, i.e. how would they like to respond *while* they are in this bind (you may need to ask this several times before they get the question).
7. Consider what they would like to have happen *until* the choice point (e.g. being "ready") or the resolution of the bind.
8. 'Go live' on their response to being in the bind.
9. Consider the 'bigger picture' outside of the dilemma, e.g. the 'replicating mechanism' (Grove) that keeps the bind going over time.
10. Look for hints of third options, i.e. anything that's not either/or.
11. Develop both futures *after* the choice point (i.e. the future effects of each side of the dilemma).
12. Accept any magic cures or miracles, and develop what happens *after* the cure/miracle.