

# Should I stay or should I go now?

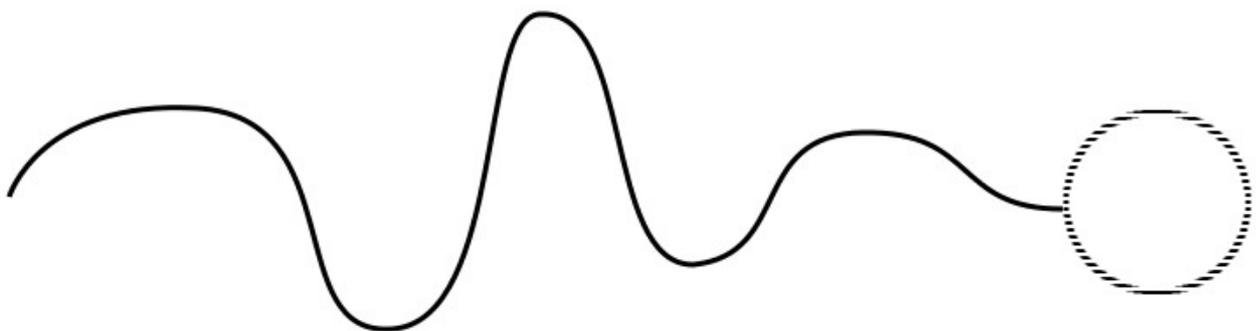
Jan Müller – Germany – ifrhamburg.de

## Summary

Three inspirations:

- 1. Social Constructionism**  
Choose your language in a way that presents the decision as a process, a time of deciding, not as a 1-time-action.
- 2. Eve Lipchik: Process and Content**  
Address the feelings and experiences associated with the decision (e.g., a sense of hurry, stress, unease or importance) to find out what people would like instead of those experiences (goal construction for the time before the decision).
- 3. Narrative therapy: Scaffolding conversations**  
Gain distance to the basic story by talking about effects of the decision and the values that make the decision so hard/ so important (values are resources).

All these lead to a conversation that focusses on the experience **before** the decision (shown as the wavy line below), and not about the decision itself.



This way of dealing with decision problems is based on the idea that a decision needs to become **ripe**, and once that has happened, the decision is simply there. Consequently, we need to assist the ripening.

Don't explore the options.

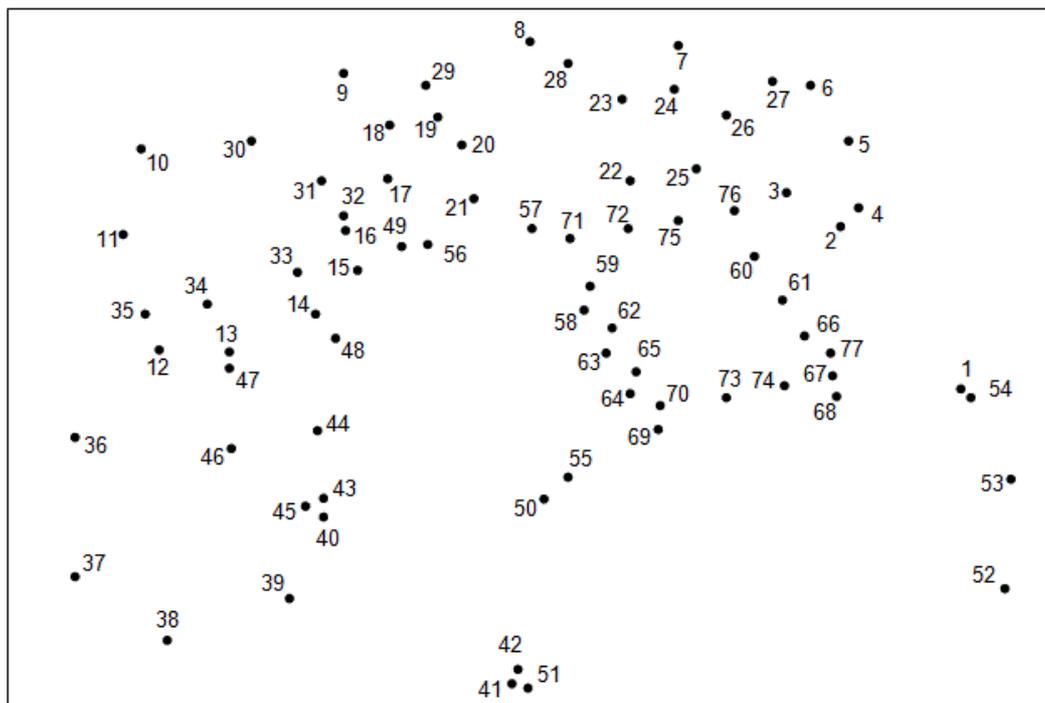
Explore the client's experience of the travel towards the decision.

# Should I stay or should I go now?

Jan Müller – Germany – ifrhamburg.de

Help your clients to **go through the steps** needed to reach the decisions.

Help them to **feel alright with taking the steps** (at the possible speed).



## Helpful questions:

- On a scale from 0 – 10, where 10 means you arrived at the decision and 0 means your distance to arrival is at its maximum, where are you now?
- How will you know the decision is ready to be made? What will that feel like? Who will notice? What will be different even before you actually make the decision.
- Just suppose the decision won't be ripe for another 3 months... suppose, though, that you know: In 3 months, it'll be ripe, and it will be a good decision. What difference would that knowledge make for those three months?
- Have you ever made another difficult decision? What was helpful to you during the time when the decision wasn't ripe yet?

Let me know how it's working for you! E-mail me at [mueller@ifrhamburg.de](mailto:mueller@ifrhamburg.de) !