

Experiment with the 'miracle' question:

Imagine --- tonight, when all chores have been completed – you are settling down – starting to wind down – eventually you retire to bed ---

Imagine --- a 'miracle' happens during the night – and – your problem is solved –

How would you tomorrow know, that this 'miracle' has taken place?

Take notes of the thoughts which come to your mind:

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Besides you – who would realise, that a 'miracle' has happened?

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What would his/her reaction be towards your new attitude?

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What would be your reaction to his/her reaction? Remember – a 'miracle' has happened within you:

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Who else would notice the 'shift' within you?

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What else will be different, after the 'miracle' has happened?

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Would someone in your occupational field notice a difference in you?

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What will be your reaction to their reaction?

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Would your friends notice the 'miracle' in you? What would their reaction be?

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How would you family (clan) react to your new behaviour?

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What will be your reaction to their reaction?

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On a scale between 0 -10 (0 being no change and 10 being the ultimate change) where would you locate the 'miracle'?

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Assume the goal has been achieved – what will be different?

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What is the aim behind the goal?

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Source: Wunder, Loesung und System by Insa Sparrer

Compiled, translated and modified by

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