

# DECONSTRUCTION OF A PROBLEM

1. **Person A** will concentrate on their current difficulty. It can be a particular behaviour, a certain attitude, a belief or a dilemma. In this exercise this will be called **a problem**.
2. **Person B** is going to ask **person A** a series of questions (do not ask any additional questions!)
3. **Person A** will answer the questions, **without specifying the content of the problem**.
4. Once **person A** finishes answering all the questions, they swap roles.
5. Think of a name for each the group of questions written below and write them down on the dotted line.

## QUESTIONS

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1. How did you realise that you have this **problem**?
2. In what way did this **problem** sneak into your life?

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1. Who is contributing to the significance of this **problem** in your life?
2. Which of your thoughts, feelings and habitual behaviours support the existence of this **problem**?
3. Who is reaping benefits from the existence of this **problem** in your life?
4. In what sort of situations is it beneficial for you to have this **problem** in your life?

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1. What are the areas of your life in which you manage to protect yourself from **the impact of this problem**?
2. What are your strategies, techniques and tricks that you use to **protect yourself**?
3. Which of your skills, talents and abilities have been the most successful in protection you?

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1. If I were this **problem**, what would I have to do in order to make your **life situation worse**?
2. How could you **frustrate** me in order to make my efforts **ineffective**?