Here is a joke by Bernhard Trenkle,

director of the Milton Erickson Institute in Rottweil that shows how important it is to also look for solutions in places you might never expect to find them:

A man goes to his therapist and complains as follows: "I think I'm going crazy. Every night I can hear wild animals like lions, tiger and elephants parading beneath my bed."
The therapist asks carefully, "Sit down and tell me all about it."
The patient hesitates before asking, "Wait a minute! How much does a treatment cost and how long does it last?"
The therapist answers, "An hour session costs 60 euros. The initial treatment last eighty sessions. But we might need to extend it by another 80 hours."
The patient says, "I'm not that crazy" and goes.

A few weeks later the therapist and the patient bump into each other at the weekly market. The therapist asks the patient how he's feeling.
The patient answers with a big smile on his face, "Excellent. My brother-in-law cured me in only a few hours".
The therapist asked surprised, "Oh, your brother-in-law is also a therapist?"
The patient says, "No, he's a carpenter. He sawed off the legs of my bed."

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(After Bernhard Trenkle, *Das Handbuch der Psychotherapie,* Heidelberg, Carl Auer Verlag, 1995)

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