The tango between problems and solutions

(inspired by an idea from Dr. Gunther Schmidt)

This is a hypnotherapy exercise that can help you to become more conscious of how you – subconsciously – conduct yourself when you are in the problem zone and when you are in the solution zone. This way you can identify patterns that you might want to change later. You will also get to know different sides to yourself that have different needs and perceptions, and which all want to be heard.

It is best to do this exercise with someone else. Each of you should choose an own problem that you feel has a medium level of difficulty. Then one of you begins to tell the other person for about 3 to 5 minutes what the problem is.

Then ask the following questions about the problem:
How do you sit, stand, walk, and move in connection with this subject?
What physical changes can you/can the other person see taking place in you?

If you listen to your inner dialogue:

- How do you talk to yourself in this situation (e.g., complaining, pushing, judgemental, benevolently, encouragingly)?
- What do you typically think about in a situation like this?
- What images and scenes appear in your mind's eye?
- How to feel others to be (friendlier, smaller, more hostile, bigger)?
- What does the space around you feel like? Are you aware of it?
- What is your sense of time like – slowed down, accelerated, timeless?
- How old do you feel?

Now think about a situation that is just the way you want it to be, one that couldn't be better. Talk just as long about it and answer the same questions. Now compare both versions.
Ask the other person about their behaviour when they are dealing with problems and solutions.

Have fun!

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