

Solution-focused Lifestyle

How to improve the quality of your life through
improving the your relationships with other people
using SF-style communication

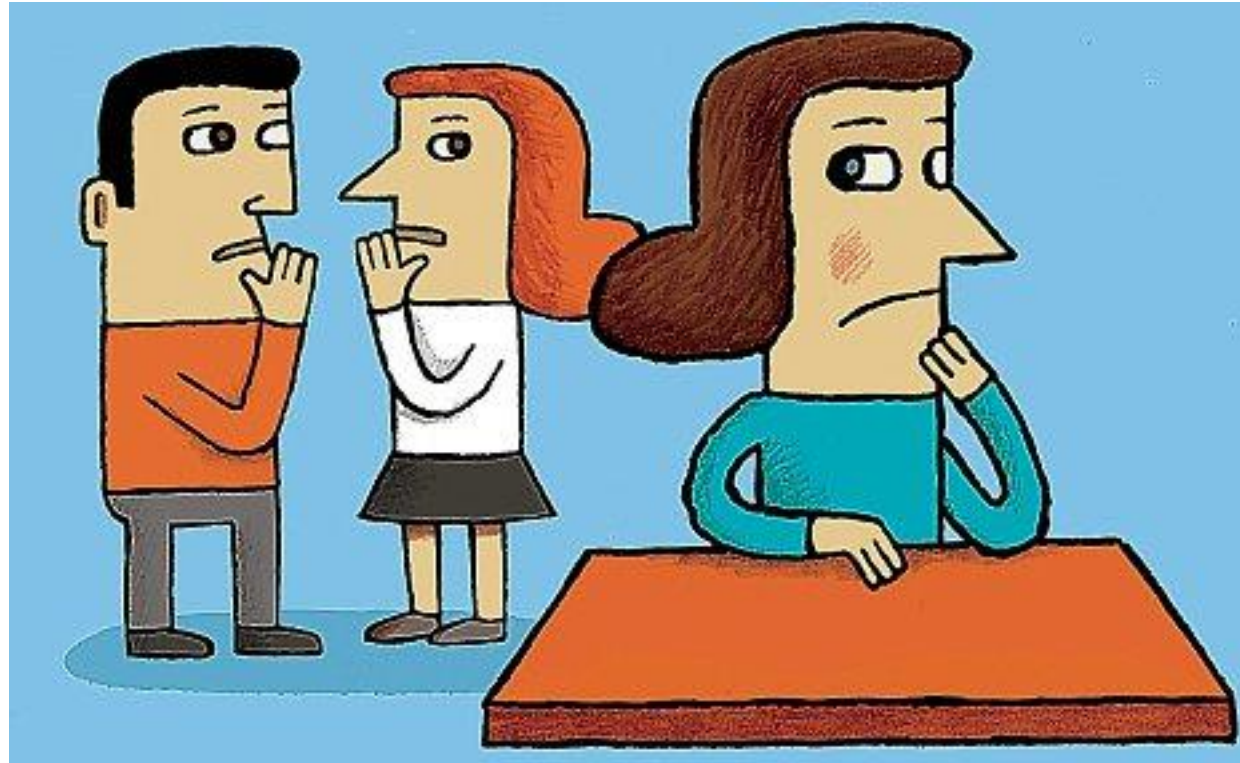
Ben Furman

Stop criticising people...



...by communicating your hopes, wishes and suggestions to them in kind and constructive manner

Stop talking bad things about people behind their backs...



by talking more good things about people behind their backs

Stop criticising yourself



By learning to use solution-focused of self-talk

Stop thinking that you are being criticised

- Maybe we should also learn to think that when we feel that other people are criticising us, they don't really mean to criticise us: they are simply communicating their hopes, wishes, or suggestion in a clumsy and unkind manner...
- ...for the simple reason that they have not yet learned to communicate their hopes, wishes and suggestions in a kind and constructive manner...
- ... and they therefore need us to ask them useful questions that can help them communicate their hopes, wishes or suggestions in a kind and constructive manner.

To reduce criticism cultivate success-talk and
use triple praise to reinforce it

Exclamation of wonder

Declaration of difficulty

Request for an explanation

When trying to influence other people use
wish-hand, not whinge-hand



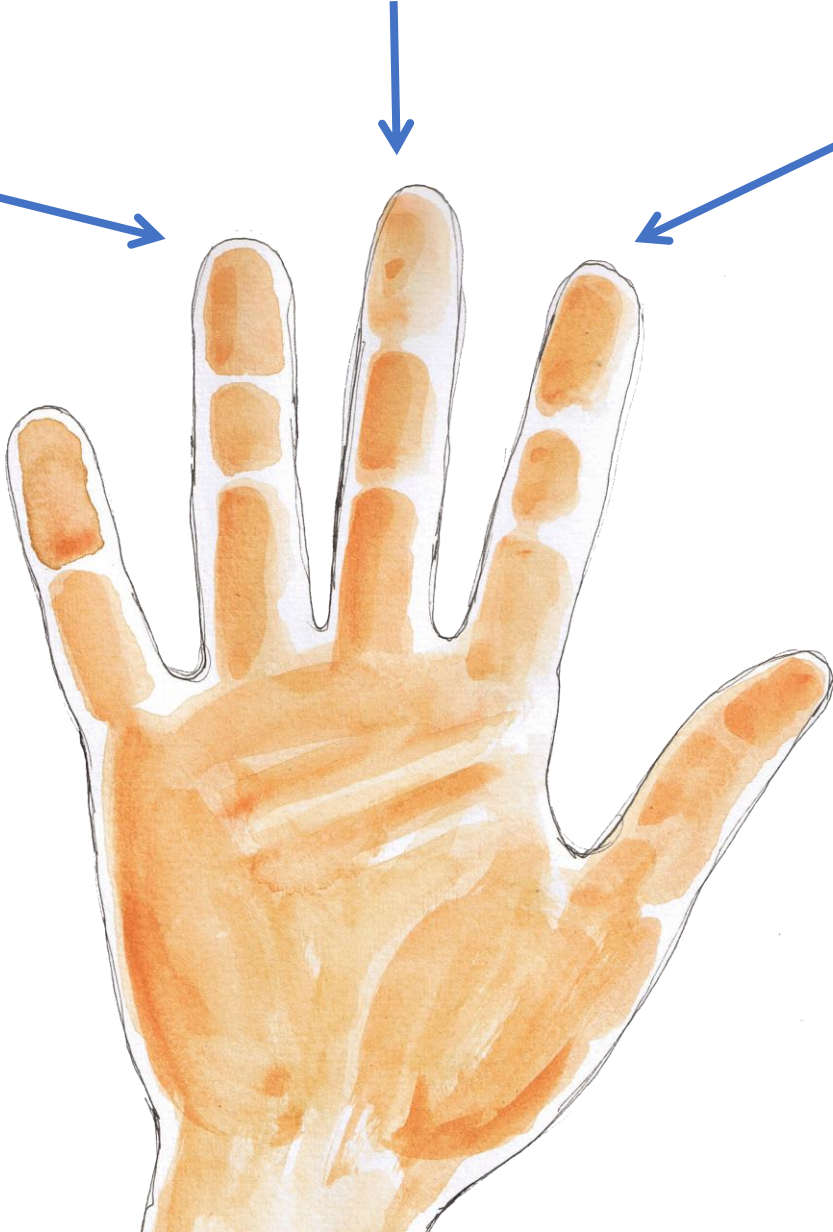
Benefits finger

Wish finger

Confidence finger

Contact thumb

Agreement finger



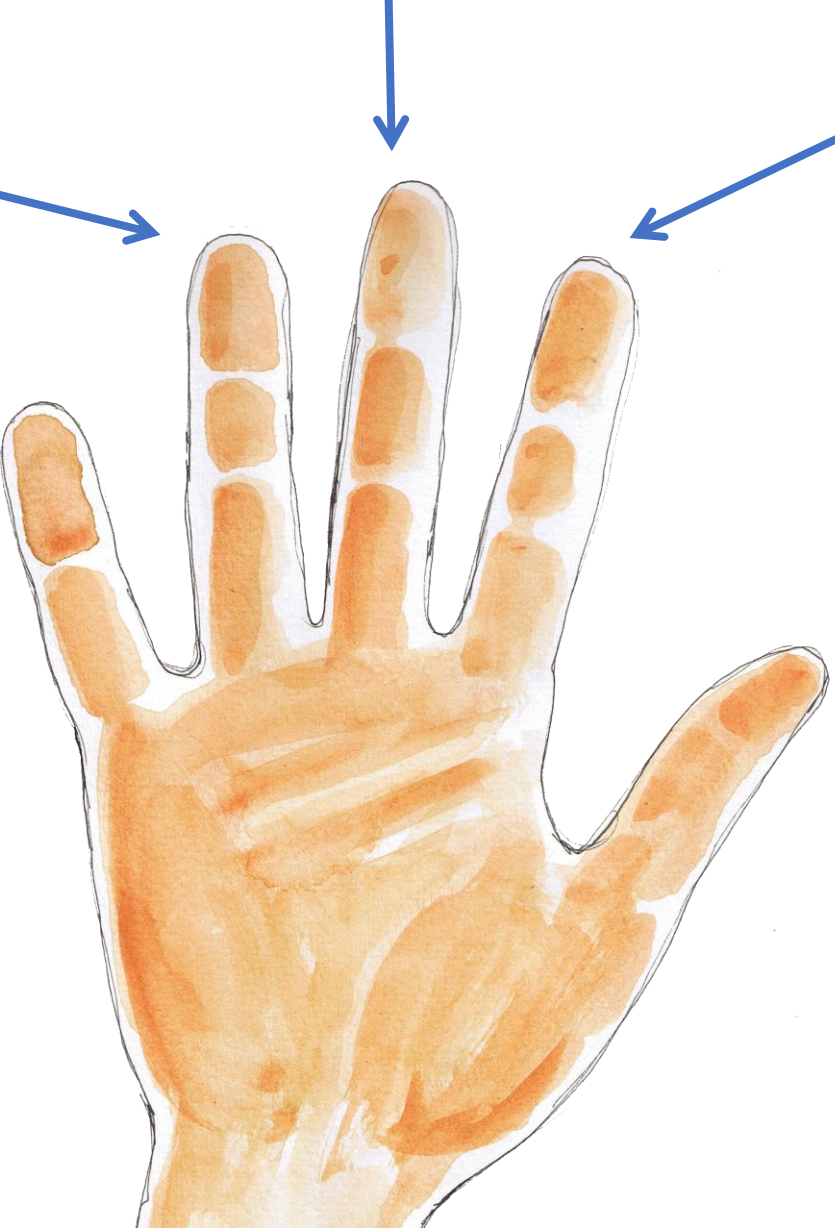
Consequences finger

Fault finger

Cause finger

Always thumb

Deaf finger



Ben Furman

Helsinki Brief Therapy Institute

ben@benfurman.com

www.benfurman.com

www.kidsskills.org

www.brieftherapy.fi