



WELL-FORMED ISSUE AND WELL-FORMED OUTCOMES.

This activity will help you and students to identify key issues and set key outcomes. This is a skill that I learned when I trained with John Seymour¹ again and that we can develop and learn through regular practice so that it becomes a daily and unconscious habit for success.

Identifying key outcomes enable us to gain the best benefits in each area of our life we have chosen and identified.

We identify two or three options and we can then pick the best.

Identifying the well-formed issue or problem:

Sometimes we are much better at expressing what we don't want to happen or to get than what we would rather have. A well-formed issue is likely to involve emotions.

Start with the following question: What problem or issue are you currently experiencing?

Just state in the negative: e.g. I don't want to fail my exam because I will feel awful and not good enough

To identify the well-formed outcome ask yourself or your student: what would you rather have instead?

State in the positive: e.g.: I want to pass my exam and feel good.

¹ <http://www.jsnlp.co.uk/>



Check you really want this – If I could pass my exam and feel good – would I take it? Would I be happy with that?

If yes, then continue.

If no, then ask what is worrying you about this? e.g. I am not sure I can do this.

Changed statement. I want to believe I can pass my exam and feel good.

Specific information: If I had a magic wand and could give you this right now, describe what would be happening?

Followed by: What would you be seeing, hearing and feeling?

Finally, ask if this is within your control – is this something you can achieve yourself?

You can only control your own behaviours. You cannot influence others' decisions, thoughts or attitudes so it is important to focus on what YOU can achieve. If you don't have an issue to solve, you can then focus on what you would like to do over the next couple of months.

You can do this by asking yourself the following question: What do I wish to achieve next? I want to... (state the sentence in the positive) and then follow the steps for the well-formed outcome described above.
