

Solution Talk

*A feeling of being “at one” with
another.*

 **Attunement**

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CHANCE**
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Opposite of love is not hate, but apathy. Opposite of apathy is curiosity. Therefore curiosity is love.

Interest and Curiosity

Focus

Energy

Openness

 Prepare to Succeed

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☐ Tips

- 50% of how it turns out is how it starts
- Focus on one thing only
- Avoid early criticism at all costs
- Team up against the problem
- Stay curious
- Defend against defensiveness
- Keep it moving forward
- Manage emotions

Remember your Solution Focused Beliefs

- There are exceptions to every problem
- You get what you focus on
- People have strengths and resources to solve their problems
- A small change can effect the system in big ways

Five Steps to Success

- Get educated on the other person's perspective
- Confirm understanding
- Generate solutions
- Decide
- Follow up