

## Externalising Conversations Map

An exercise with one interviewer and one person being interviewed.

**1. Naming and characterising the problem with questions like:**

- a) What are you struggling with at the moment?
- b) What would you call this problem that you're struggling with?
- c) If this problem were a person, what kind of person would they be?
- d) What would a drawing or painting of this problem look like?

**2. Clarifying the effects of the problem and other connections it has**

- a) How did (the problem) first manage to get into your life?
- b) In which areas of your life is it most present?
- c) What does (the problem) try to get you doing?
- d) How has (the problem) affected your mood?
- e) Which relationships have been affected by (the problem) and how?
- f) How has (the problem) affected how you see yourself as a person?
- g) How has the problem affected how you see the future?

**3. Taking a position on the problem. Describing what it's like to have a problem like this**

- a) What is this situation like for you, living with such a problem?
- b) Would you call it positive or negative or something in-between?
- c) Does this problem make your life better or worse?

**4. Understanding the values that lie behind their position on the problem. Understanding WHY it is that they take the position they do.**

- a) Why is it you take the position you do?
- b) What is important to you that the problem is getting in the way of?
- c) What is the problem spoiling?
- d) What kind of future might the problem want you to have if it were to have more influence on your life?
- e) Which important relationships is the problem sabotaging?
- f) What's important about the life you want that the problem is putting at risk?