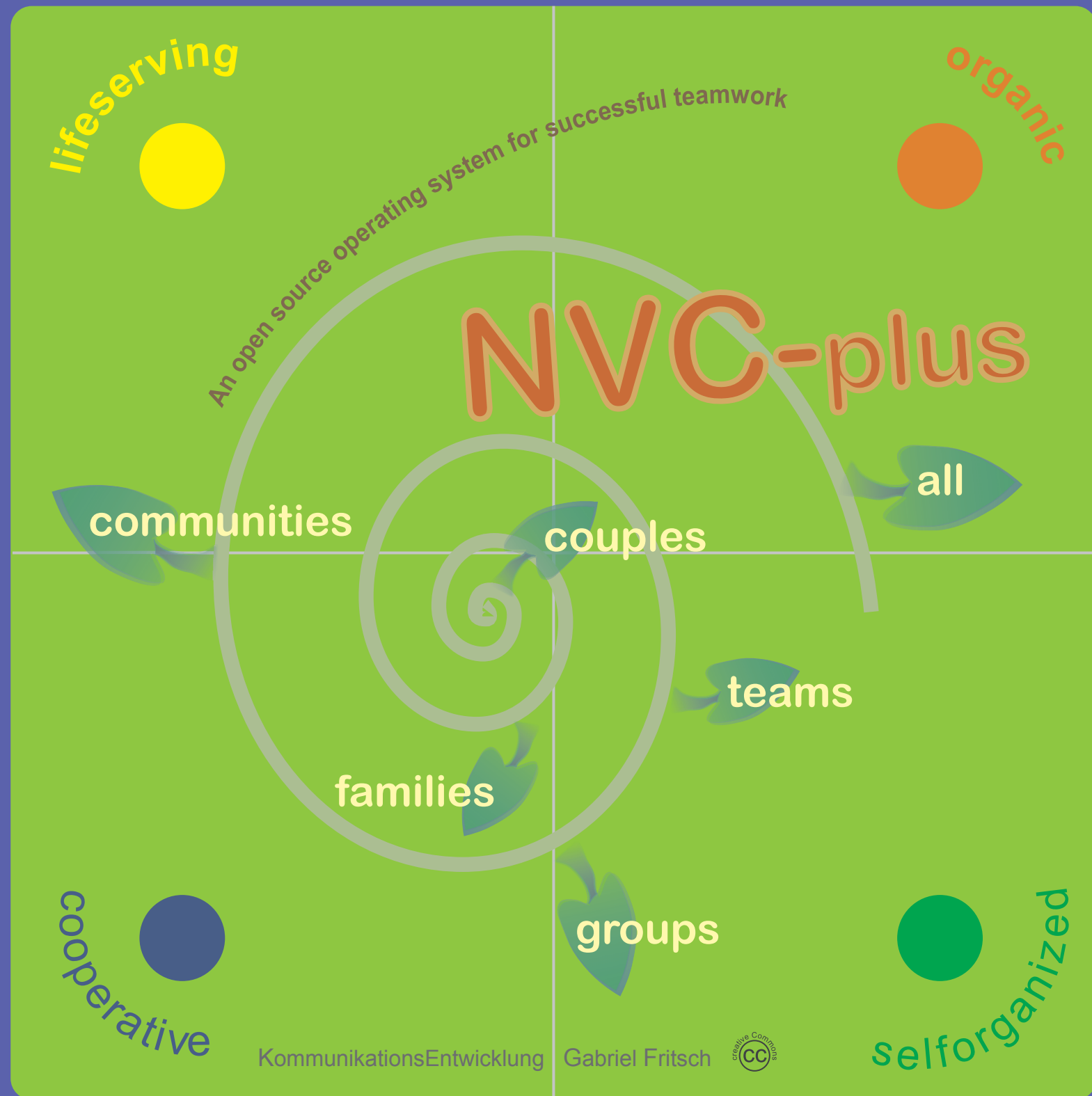


NVC-plus for
couples, groups and teams

Tool-Cards



www.gfk-plus.net



KommunikationsEntwicklung
Gabriel Fritsch
Mannheim 2018



The NVC-plus Basic-Card

The map of a
synergetic process

1 individual

Find your
self-esteem, your
integrity and your
utopia.

2 system- struktur

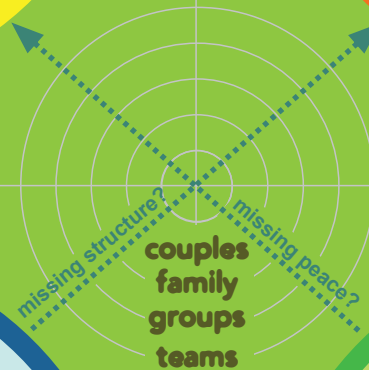
start a system
or choose an
existing one.

3 interactive sensitivity

Experience unity,
wholeness
and synergy.

4 synergetic designing

Use the interactive
intelligence and
power to co-create.



The base map B1 shows the simple process structure of NVC-plus. You can display the four NVC-plus fields on the floor with round carpets or use the corners of a room.

B2 The process structure explained

The base card B2 is intended to be the explanatory reverse side of the card B1. It is self-explanatory in the sense that it should explain the first card. It also points out that we can diagnose a system with NVC-plus too. Any meaningful diagnosis is of course only the basis for a prognosis.

B2 Base card - the process structure explained

1 the source of life and power

You are completely ok and right.

Your contribution can
always improve.

What is alive in you:
What utopia, what drama,
what potential, what need?

2 frameworking

Create a system or select one.
Frame it in the sense of your liveliness

Take the position, that suits you.
Do not only react and function.

Act and pay attention to the
functionality of a system.

system diagnosis / -prognosis
or
system control?

4 the work

Work in the interactive knowledge
and the field potential,
which emerges in a peaceful
togetherness.

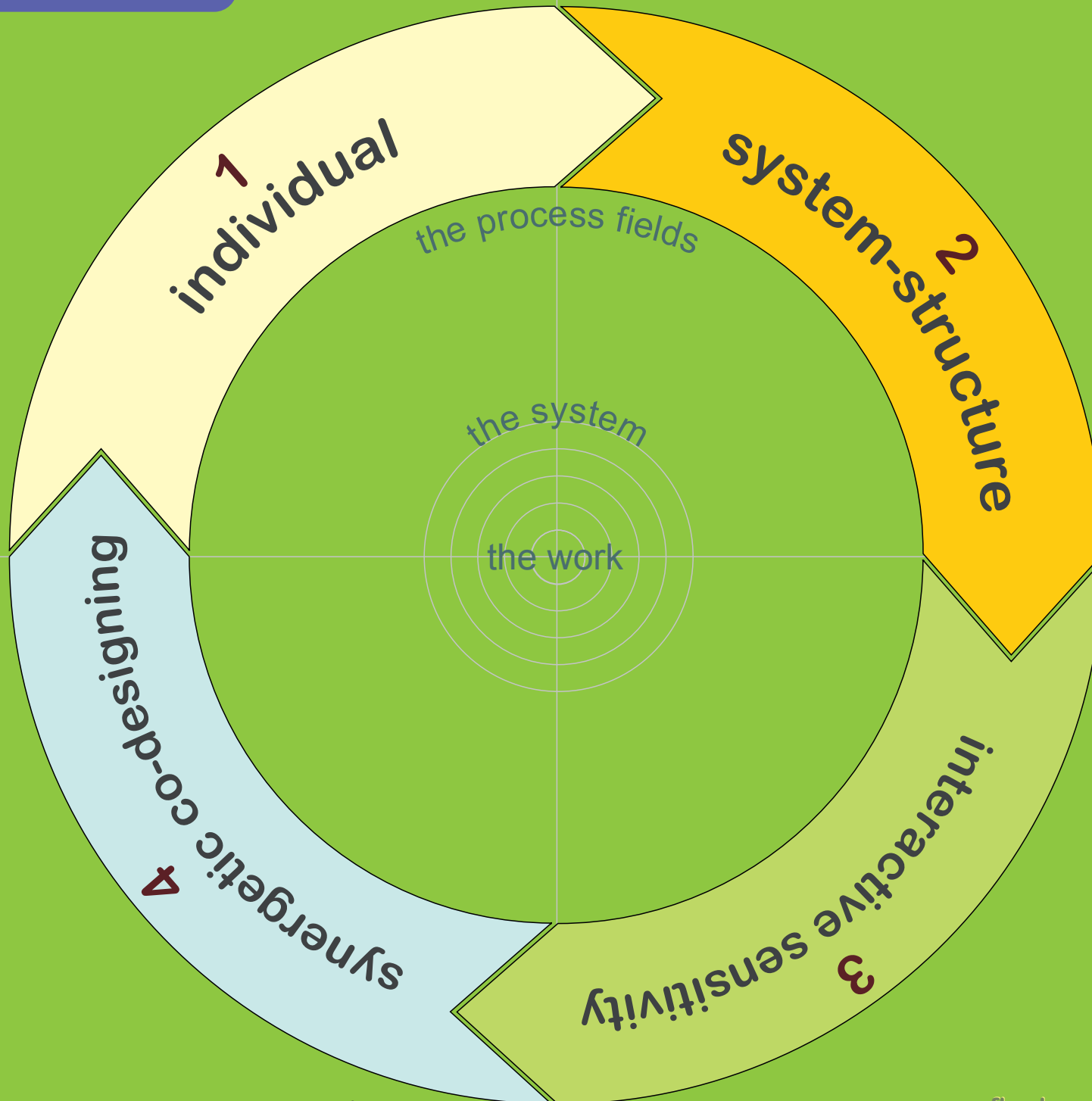
Look for the right moment to stop
and start your next cycle.

3 devotion

Experience the others
in relation to you.

Experience yourself in relation to all
and to the synergetic field.

Beyond sympathetic and
unsympathetic there is this field.
Let's meet there.



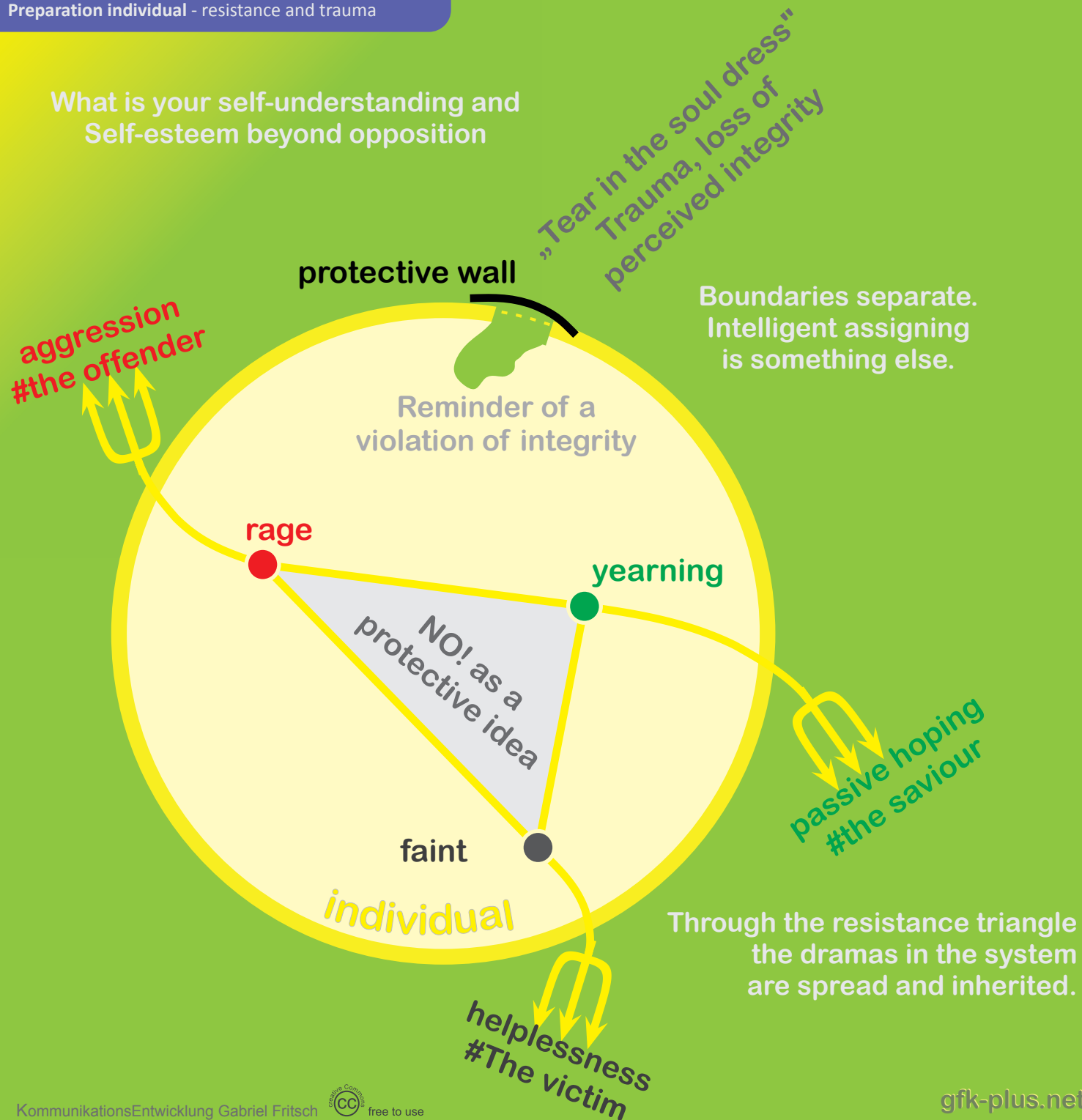
The base map B3 shows the NVC-plus process as a cycle. In the middle you can adjust the system. A NVC-plus system structure supports certain people in a constructive activity and does not simply serve for individual pleasure. Therefore a common work is placed in the center. It is connected with the utopias (individual) and visions (community).

Without a project a structure makes little sense. One could then speak of an accumulation of people, but not of an organized constructive coexistence.

The preparatory cards

Be ready for the
self-controlling commonality!

What is your self-understanding and Self-esteem beyond opposition



V1 Resistance and trauma

Feelings allow us to participate in life, because they trace outer life with its meaning for us through inner movement and at the same time challenge us to find an adequate answer.

But there are feelings that come from a refusal, from a NO, an opposition. The refusal needs three coherent feelings into which our liveliness is split: In the RAGE the energy accumulates, the FAINT acts as a dam and passive YEARNING remains as the distorted sense, which is why we react so. But instead of being able to follow a real goal, one follows a dream, a rapture or another form of longing.

The ability to deny NO was formed in times when we were incapable of regulating things in our sense and when other people were not sufficiently at our side. Thus it came to hurtful influences, which were experienced as break-ins of the hostile world into our integrity. The reverberation of these shattering experiences may perhaps still be present or our refusal attitude may exist only more than the usual "protective attitude". That is why we still try today to protect ourselves with a form of defence that goes back to an experience that is long gone.

Defense only makes sense for real dangers. It is important to distinguish the unpleasant from the dangerous, otherwise we still fend off the dentist, the boss or the partner. The challenge is to be very attentive and active instead of passive or hectic defence. In any case, isolation rarely provides protection, it makes us much more blind and blindness is in itself a dangerous condition. Therefore it is good to stay in contact with things and people, but to position yourself wisely towards them. This is the best way to be close to people who are good and to stay away from people who are different. Many problems solve themselves.

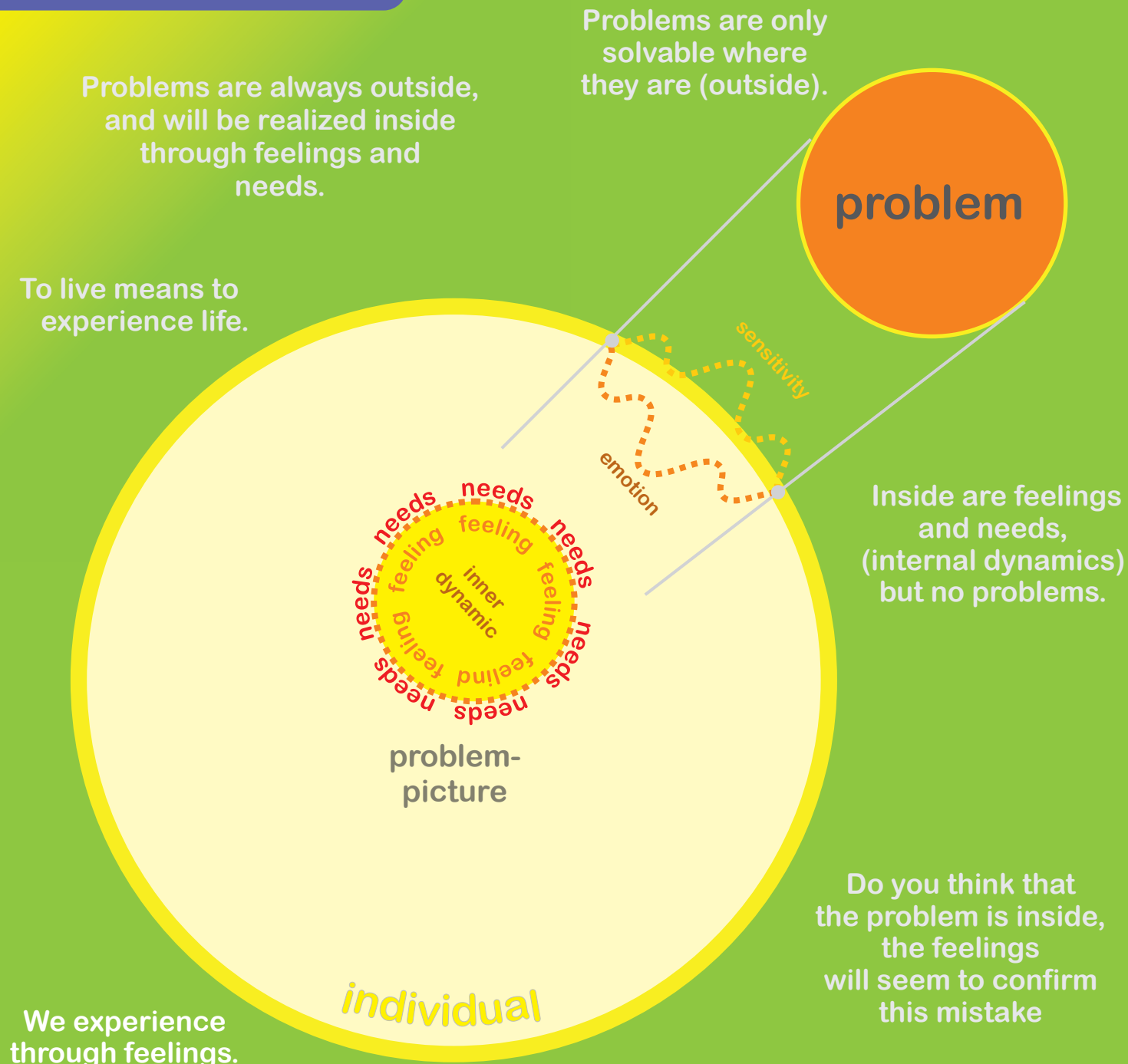
Even the "tear in the soul's garment" is ultimately a deception. It exists as long as we keep it up. For NVC-plus it is important to be less and less in resistance and refusal. Dangers have to be distinguished from unpleasant ones and pain has to be interpreted more positively than control impulses. We can actively use them for life control.

V2 problem location

We are sensitive beings as long as we live, no matter if we have a thick or a thin skin in the figurative sense. The world has an impressive effect on us. For NVC-plus it is essential to understand that all problems of this world are in the world and not in us. Problems are outside and as recognizing and feeling beings we will carry a picture of these problems within us. These problem images are composed of feelings and needs and give us less an optical impression than much more an understanding of the meanings that arise from the situation for us. However, if we confuse such an inner problem impression with the outer problem, because it feels like the problem (logical, that's what it's for), then we turn our gaze away from the problem inwards towards the problem picture and try to find a solution for our feelings and needs and not for the problem itself. That can never work. Neither our feelings nor our needs are the problem, nor have they ever been. It is the tools to perceive problems as problems and also the tools to recognize when the problems are solved. Just because we are always overwhelmed with our feelings or needs in permanent problems does not mean that something is wrong with us.

Everything is always right with us. Only with what we and others do together and with the tension structures of the functional or dominant systems, there is a lot that can be improved. We can tackle that and we should look at that. Self-doubt will not help us but only prevent good solutions. It keeps us trapped in ourselves in the most pointless way and preoccupies us with ourselves. So: To relax in our own effect and in our own doing calmly and lovingly, but to simply be self-satisfied in being like this.

V2 Preparation individual - problem localization

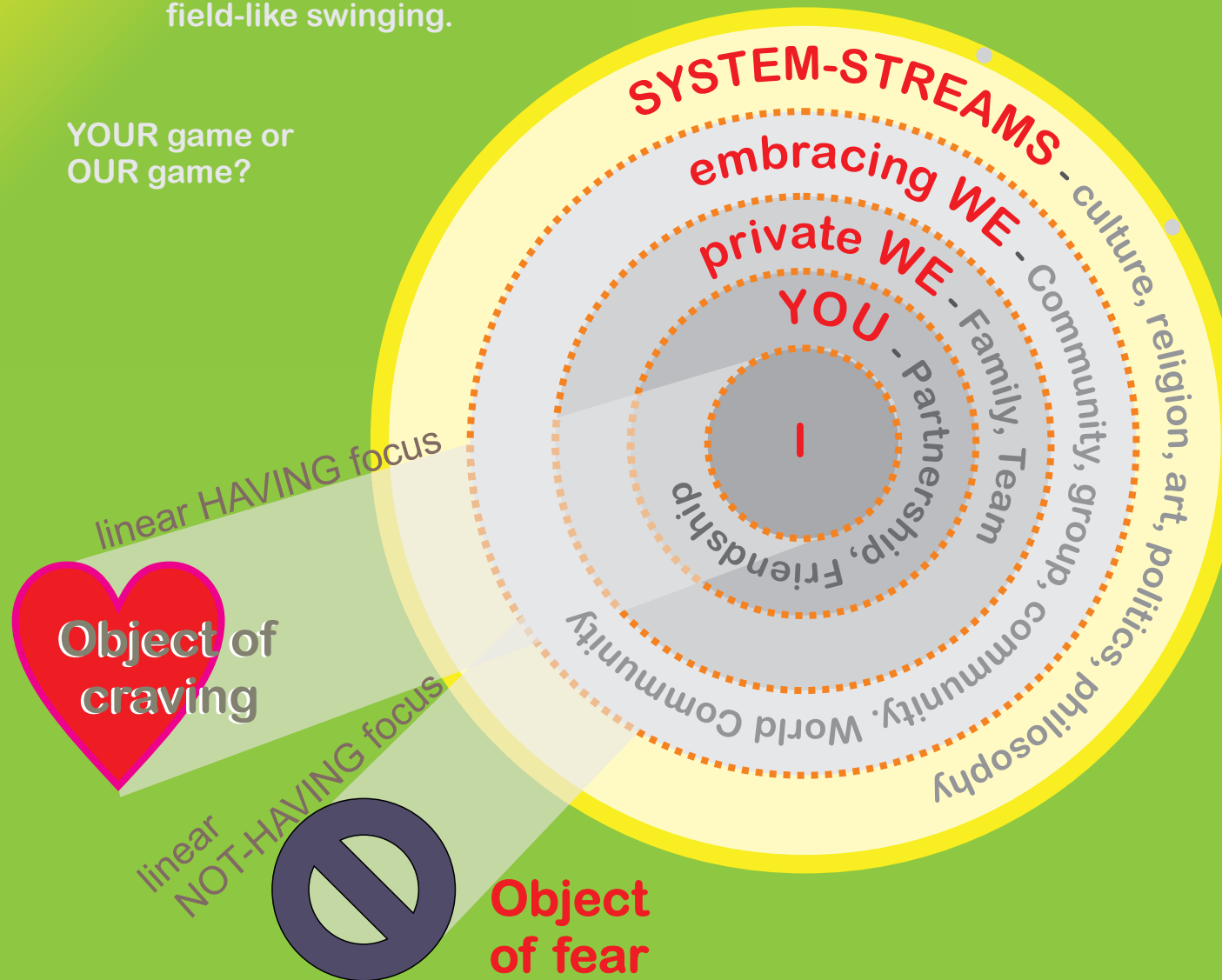


BE or HAVE?

HABEN is linearly aligned
(I want SOMETHING to have),
On the other hand, BEEING is
field-like swinging.

YOUR game or
OUR game?

How much community
and how many people
can be alive in you?



As long as we align our consciousness linearly, it is characterized by this linearity also by an interactive poverty, because the possibilities of togetherness are then very limited. The linearly aligned consciousness can also be called attention. It connects the I with either an object of desire, which one wants to have, or with an object of fear, which one wants to avoid. For a YOU there is space in the attention focus only if the YOU is the object of desire or fear, or as long as it is directly on this line. It disturbs, is useful or is only tolerated. We suspect the simplest basic patterns of appetite (lust) and aversion (dislike). If our mental abilities are already sufficiently described with it, we do not need to deal further with NVC-plus.

For NVC-plus we need a pan from HAVE mode to BE mode. The HIS mode is not linear, but has a field extension. In this mode there is a field-like expansion of consciousness, which we can also call presence or mindfulness. We are then connected to what is within this field. In the course of life we first become aware of YOU and then of an ever more extensive WE. Finally we also get a feeling for the abstract connections: for our common culture and for the social currents. This interactive sensitivity is extremely important if we want to work together organically. We have to be able to carry other people within us, even to depict a whole togetherness within us. This does not happen through the discriminating mind, but only through an empathic understanding that can be trained. It is a mixture of heart and head qualities. With the NVC-plus preparation card above we can recognize the difference between attention and attentiveness.

This first preparatory step is about releasing the handbrakes of the past and bringing back our energy that is stuck in conflicts and emotional dramas. In this way we loosen our own share of the entanglements on the relationship level. This gives us more freedom to position ourselves in the system. But our system position itself may not yet be free if it is firmly woven into functional system structures and conventions.

By the way, large parts of our "self-image" also originate from these rigid functional structures. If we were stuck in a washing machine with a spin cycle, we would create a similar self-image: "I'm not good enough because I'm not spin-resistant at 1400 revolutions. But people don't belong in the washing machine at all. People don't belong in functional structures either. You can tell that by the fact that they show a lot of symptoms and one of them is called negative self-image. It is essential to understand that the inner essence of every human being is free of problems and conflicts. Neither feelings nor needs are problematic; on the contrary, they are our normal life functions. The human being's inner being is the dynamic source of his striving. His liveliness is part of a comprehensive game of life. If we doubt our essence, we will not be able to play this game well. Unfortunately, the previous functional system mode has produced a great deal of self-doubt, and these also confirm among themselves the justification of their doubt. In the washing machine they all doubt themselves and none doubt the washing machine. The goal of NVC-plus is to play this game differently.

With NVC-plus, it makes no sense at all to doubt one's own being so. However, besides being So there is also acting So. Of course, you should always be ready for improvements in what we do alone and together, because in the space between us everything is never perfect. Doubts are justified here, but we can only approach perfection anyway, but never achieve it.

system clarification cards

for an agile and flowing
system understanding



S1 conventional functional system

The conventional functional system keeps the first field occupied. It appears more powerful and more important than the participating persons who are responsible for field two. In its size, the system towers above all individuals. It is to be regarded as the source of everything and as superior power. Like father or mother, it makes us look like small children who are needy, deficient and dependent. A whole backpack of problems, on the other hand, burdens the individual. As hard as it may be, the backpack will last a lifetime and only the weight can change. This burden characterizes the staininess of the suffering creature, to which it has to resist with difficulty for a lifetime.

We try everything to get a functional position in the functional system and to be allowed to participate from there, whereby the kind of participation is already marked out in broad outlines. There is already a plan that only wants to be implemented in order to achieve a certain result. It is not our goal nor our plan. It may not even be a good, constructive and meaningful activity, but we are rewarded to sell our forces to fulfill this plan. So we do what we can, because the alternative would be to have to vacate your system position. And where could we go then? We ourselves are not interested with our feelings and needs, unless we attract attention in a disturbing way.

We torture ourselves in order to achieve the required result, day after day. And there remains a dynamic surplus of good mental powers and tension in us, because this game of course does not satisfy us very much. We can't bring this surplus into the systems, so we drain it off like a lightning rod by watching TV, drinking, smoking, going out or killing time in front of the game console. We don't actually kill time, but only our energy. It has also proved its worth to shake off the burden of the individuality thrown back on itself for a moment in a kind of collective dissolution of boundaries and self. Standing and cheering in the crowd or sitting and clapping in an audience helps just as much as substances or sporting excesses that make the ego step back. Even a depression has a taste of it. You simply dissolve it into grey and empty. This system mode doesn't know one cycle, but only two dead ends: One individual to field 3 and one for the system to the Field 4. Even if the individual may hope so much, there is certainly no plan in the system for a solution, neither today nor at any time, and the others are similar to us, except that they may swim a little further up. This is simply given by the system mode.

S2 interactive networking with NVC-plus

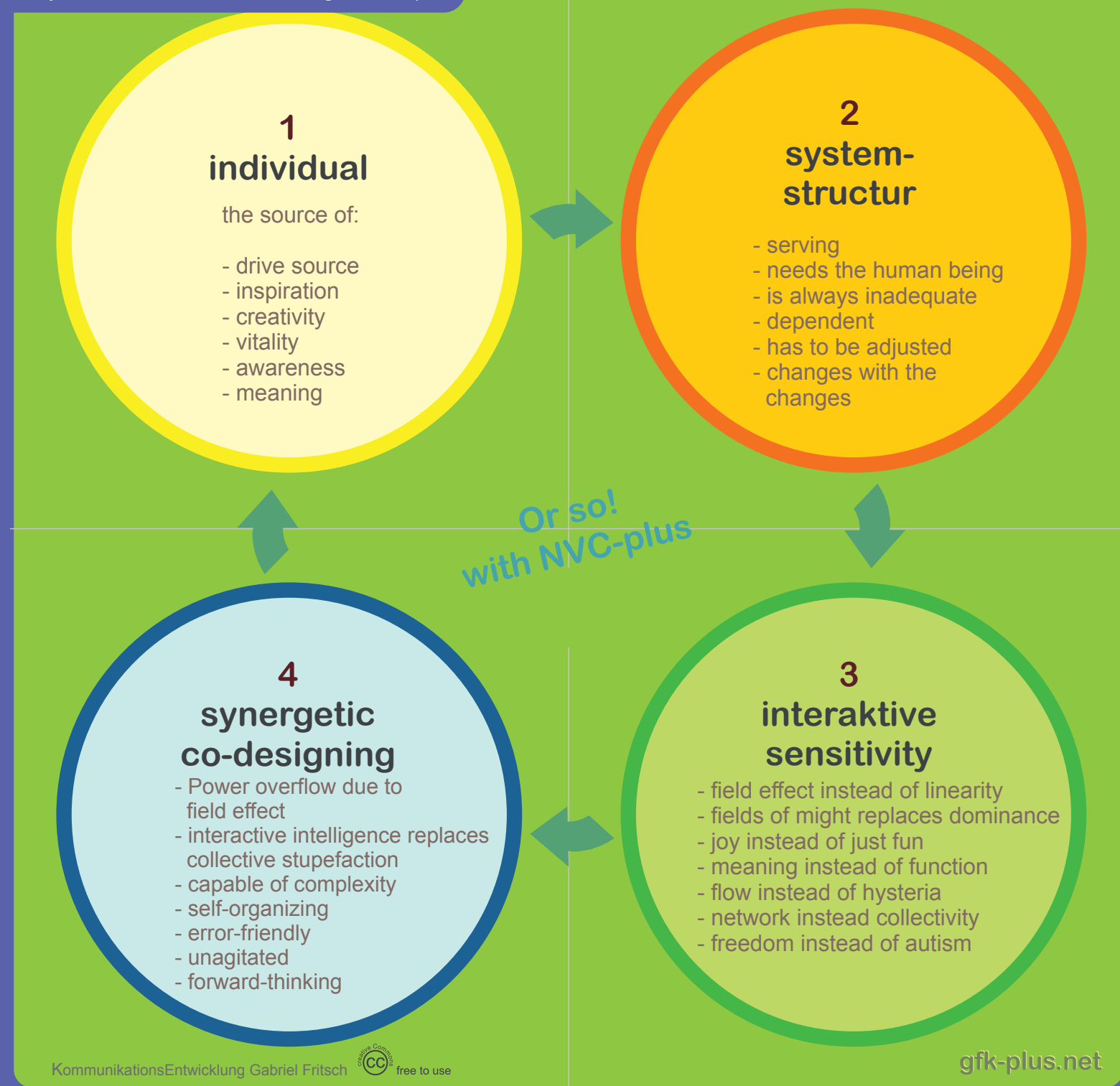
This card shows that the individual is in first place at NVC-plus. Here everything starts, because the individual is the source of energy, inspiration, creativity, vitality, spirituality, consciousness and sense. It may be a small or a big source, it doesn't matter for now. The small sources feed the big rivers.

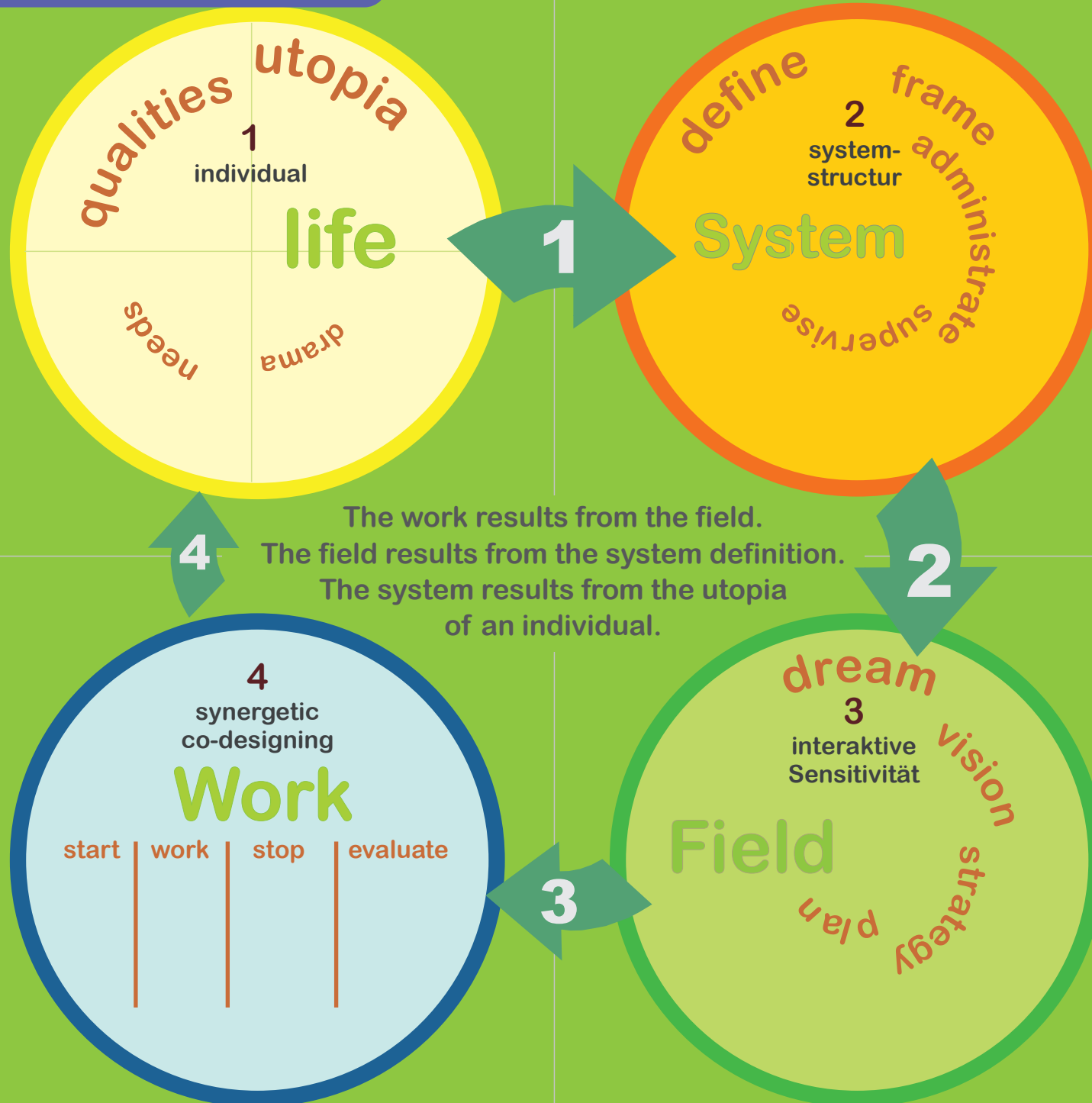
In second place is not the system itself, but only the system structure. It serves the individuals to bundle their forces. They should flow together and focus in the direction in which the utopias of the individual point and in which the common visions and goals could be established. The right people should form a team for this, because otherwise one person in the team wants to go east, the other wants to go west and they would have a hard time agreeing on a direction together.

In third place, a force field emerges from the potentials and utopias of the individual. There, where the individual is powerful, he is effective. We then use the interactive force field on the NVC-plus field 3 on the fourth NVC-plus field so that we do not have to excessively use the forces of the individual in the actions there. In this way we can achieve without burning out. By the force field and the necessary interactive sensitivity, which develops on the NVC plus field 3, we get an interactive and also empathic intelligence, which lets the common arranging become synergetic.

The whole thing happens without any claim to perfection. Everything just has to be appropriate and good enough for the current project and the current project phase. Thus a qualitative increase of the NVC-plus processes in the form of a spiral gradually emerges, as far as the participants just come along and want to. A second growth spiral results from the fact that we start small-scale with our partnerships, families, friendships or local circles and learn NVC-plus. Later, the larger work teams will be added and, in the end, an even larger community. Thus, with NVC-plus, growth takes place organically from the inside out.

S2 System mode - interactive networking with NVC-plus





S3 System launch with NVC-plus

This map gives a simple overview of what is happening and thus gives us an understanding of NVC-plus. The game may even begin with a drama on the first field. This is not so important for the common ground itself. We develop the drama about the needs to the qualities and arrive at the end at the utopia that lives within us. Then we have taken up the positive, forward-looking energy that we can bring to the game. It also helps us to develop an awareness of our own potential.

Then we take a step away from ourselves to the NVC-plus field 2. Depending on the process phase we are in, a different "degree of consolidation" of this structure is required. First of all it may be enough to define the system, later we will have to frame, regulate and also control it, depending on how we later need it for the fourth NVC-plus field on which we work, perform and act together. The structure gives us the framework for an interactive field.

To create this, we now go to field 3, where we begin with the utopias of the individual, which is more like a dream state. But from these individual dreams we find the shared vision that inspires us, just as a garden is composed of flowers, bushes and trees. We should also mention grass. For once the individual stalks have an unspectacular effect, one can hardly imagine a garden without a well-kept lawn or flower meadow.

If we have the vision, we forge an overarching NVC-plus strategy out of strategic questions and then implement it tactically with plans. To this end, we are moving into the fourth NVC-plus field. Here, a team structure helps us to work together synergistically. First of all, we should roll up our sleeves and get started. On the map we see a simple KANBAN board structure that can be drawn on a pinboard. From a planning pipeline you get project sections, start, perform, finish the project and check the results.

The last step is to stop in time, interrupt the work and return to yourself, to the NVC-plus field 1. Here we take a break and leave the system. This way we don't lose ourselves too much in a role or a team structure and remain true to ourselves and our utopia. We recover and see what the passage has done to us. Then we continue on to the second NVC-plus field, where we readjust the structure and the cycle takes its course in a next cycle.

Tool-Cards

Possible tools for the four
process fields of NVC-plus



T1.1 The inner drive

This is one of the most important tool cards. It shows where the energy of the individual comes from: either from a drama, a need, a quality or a utopia. These areas are connected. In classical NVC, it is the needs that are used most. In NVC-plus you look for utopia because it is the easiest to transform into a plan and because it is constructive and inspirational.

How to get from drama to utopia: by first collecting the needs that are unfulfilled in the drama. (See Appendix: List of Needs). Needs are missing qualities. If one wants to experience these qualities, one needs a utopia in which they occur. You bake small rolls. First of all a short-term utopia: weekend, holiday, birthday party. After that you can do bigger things. Utopia is central to the further joint NVC-plus approach. It is not completely pulled at the hair, but it has also not been stepped down out of caution. Thoughts are free and a utopian thought must be inspiring. Some prefer to talk about a fiction or a dream. You can also call it an individual vision. We simply opted for the term utopia.

Time plays a role in drama and utopia. It's an episode. The need and the quality are not tied to time in themselves.

What we don't want to do is think up a utopia, then look for the qualities of this utopia, find out that they are not fulfilled at all and then slide into a drama to go ahead with this energy. That also has energy, but it is not necessarily constructive.

Application: Ask yourself which qualities you bring into the process and which utopia you want to realize. If you feel slowed down by a drama, then find out about the needs and qualities of the utopia that is in the drama.

T1.2 Drive and neuronal processes

Professor Julius Kuhl distinguished between four brain processes that control our behavior: YES, NO, the delayed YES and the delayed NO. These are the processes that a living being needs for unconscious behavior control: The deer comes to the clearing. It immediately wants to graze the tasty grass (YES), but it smells something and hesitates (delayed YES): A hunter. It changes the plan (NO) and runs away. When it comes to a fence, it sees that it is very high. It doesn't want to jump over it, but it jumps anyway (delayed NO). It makes the jump and escapes (peace). If we experience inhibition or coercion, an unconscious brain process is active that delays our behavior. Coercion and inhibition, as well as the associated feelings, are a meaningful part of this process. But we are not deer but rational beings. How do we quickly get from an unconscious delay to a conscious YES or NO?

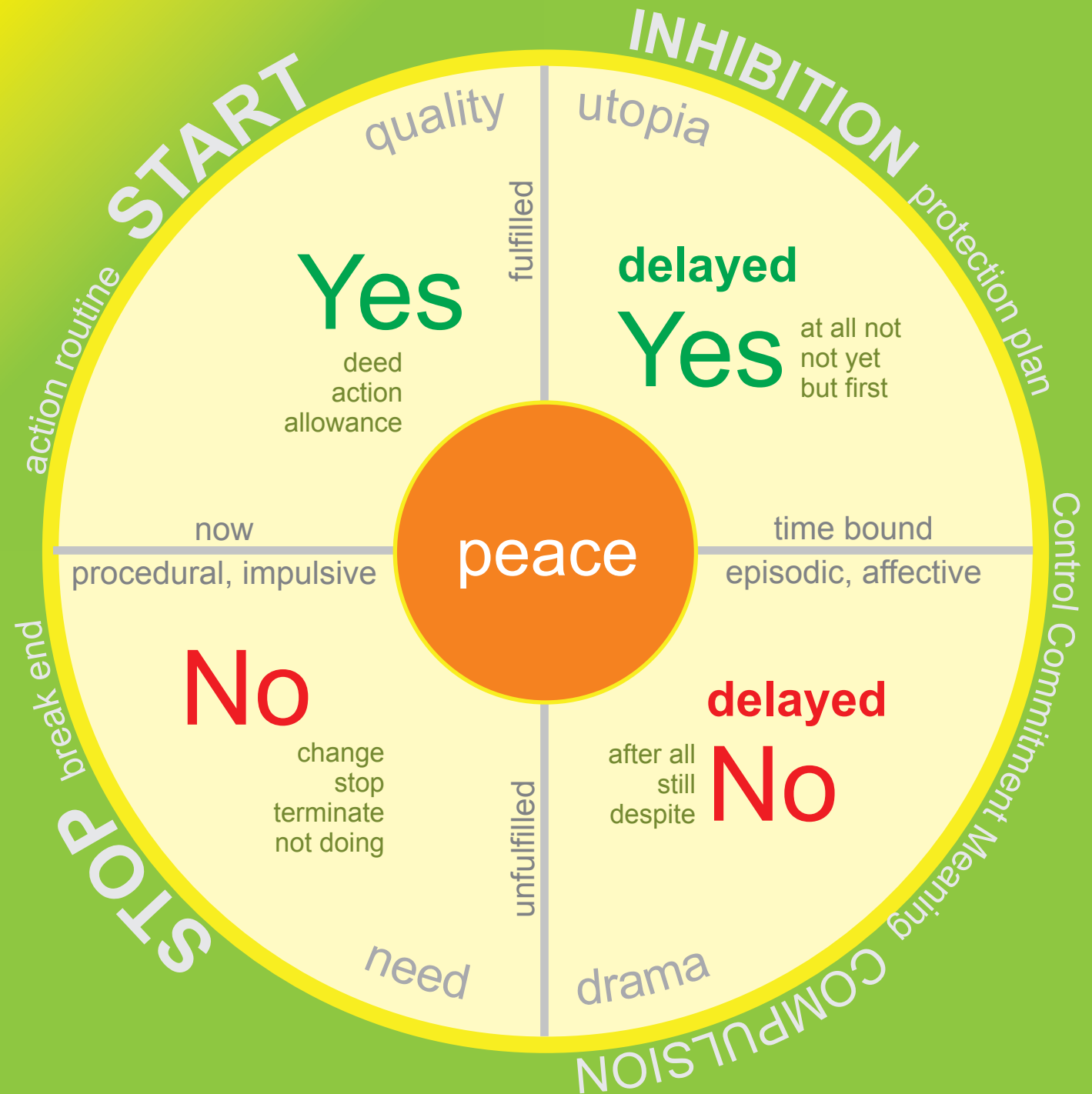
Application: We can lay down four fields on the ground or paint with chalk on the asphalt. In the middle we are in our natural peace. "I hope nothing, I fear nothing - I am free," is a Buddhist wisdom. From there we go into the realm of appetite (YES, I want) or aversion (NO, I don't want). What are we involved in right now? What is this about? If we are clear in this, our behavior is clear. But if we are unclear, we need a plan first.

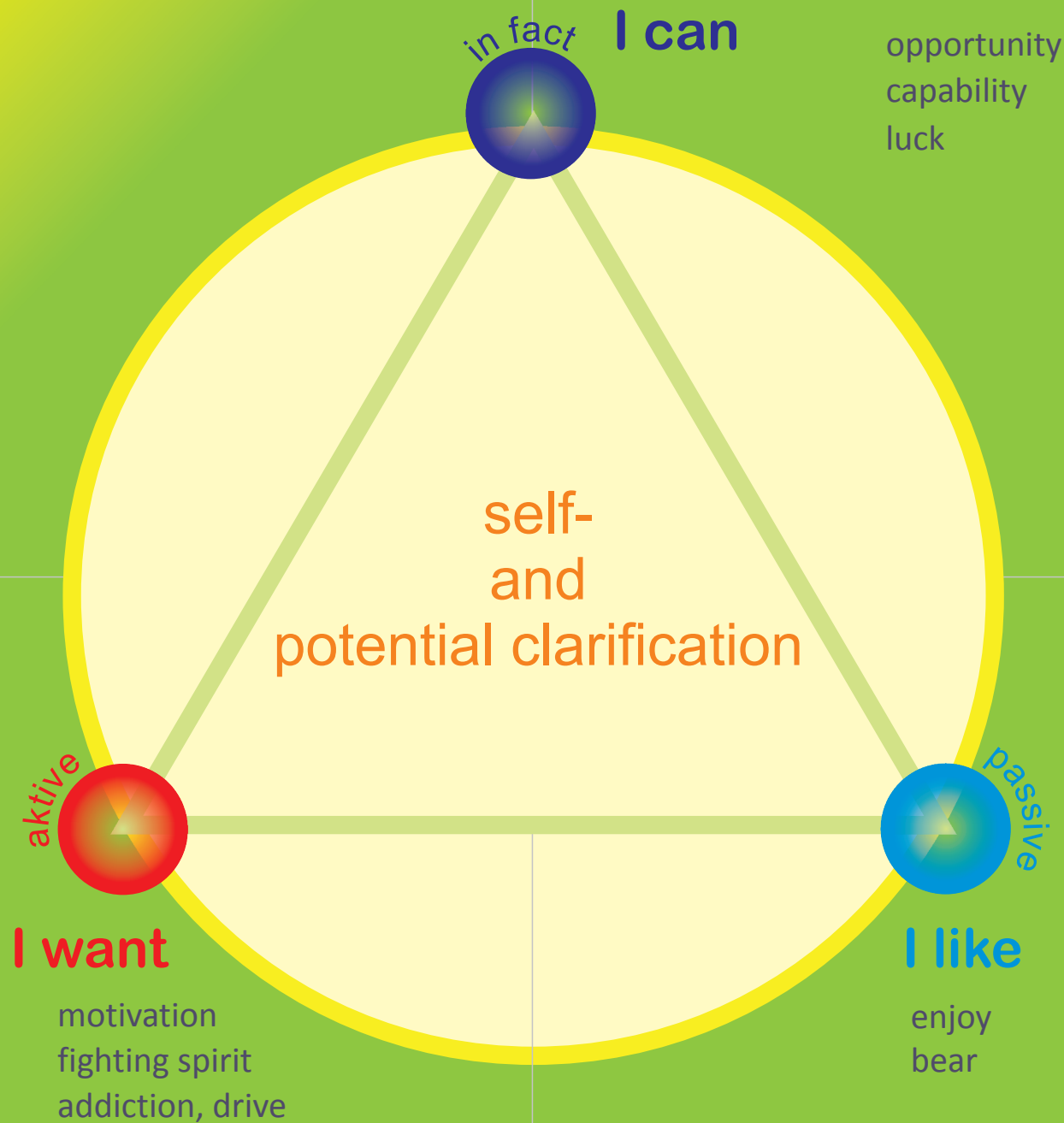
We go to the field "delayed NO": What has to happen first? Why do we do it anyway? How can we put this into a plan and how do we notice the success? If we cannot yet grasp a plan, we can at least collect the parameters of success, e.g. with the NVC-plus demand list in the appendix of the book. We can sort these parameters according to their meaning and then slowly create a plan from them.

Then we go to the field "delayed YES": What still has to happen? What is the reason why it doesn't fit and how could it fit? When does the obstacle pass? Can we plan this better?

If we have a plan, we go on the field YES. Are we ready to execute the plan or are we still missing something? If YES, when are we ready and ready to finish the action (NO). By walking back and forth on the fields, unconscious resistances clear up and become conscious strategies. Our energies flow from inhibition and coercion into the solution.

T1.2 Individual - drive and neuronal processes (behavior control model)





This is the first card that uses the modal matrix as a model. I developed this model to make the interaction of people predictable. The modal matrix shows a triangle, the points: I like - I want - I can connect with each other.

We like a lot of things, but that's rather passive. If, on the other hand, we want something, it activates our potential for action. But that doesn't mean that we can. To be able, you need the opportunity, the ability and also some luck. With people who only like, but don't want, you can hardly work together effectively. But if people just want and can't like, the enjoyment factor is missing.

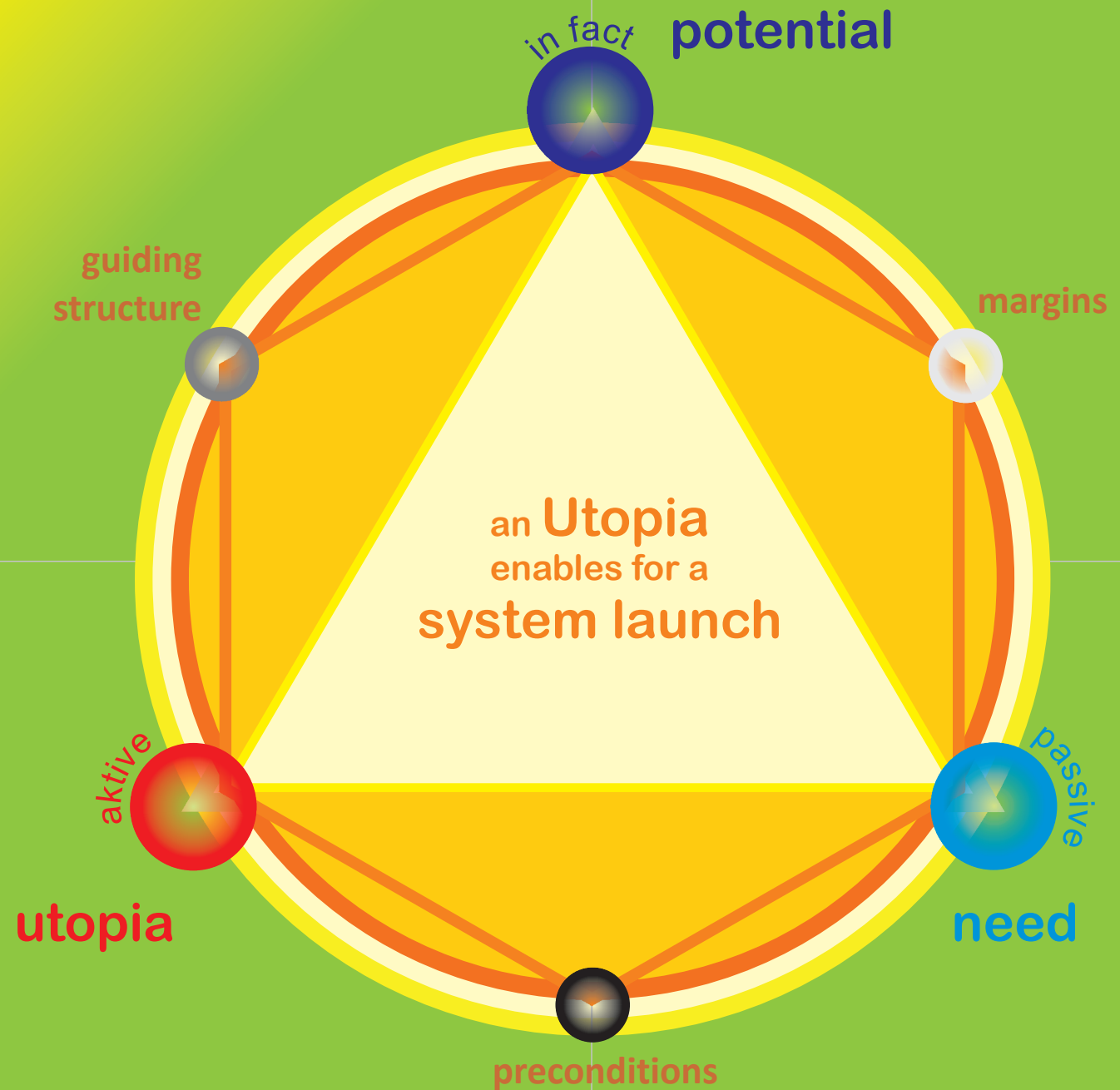
Application: What do we like about our team/company, what do we want and what can we do? Pay attention to the form of possibility: "Yes, sometimes I would actually like something if I could do something ...". Clear statements help us to find each other.

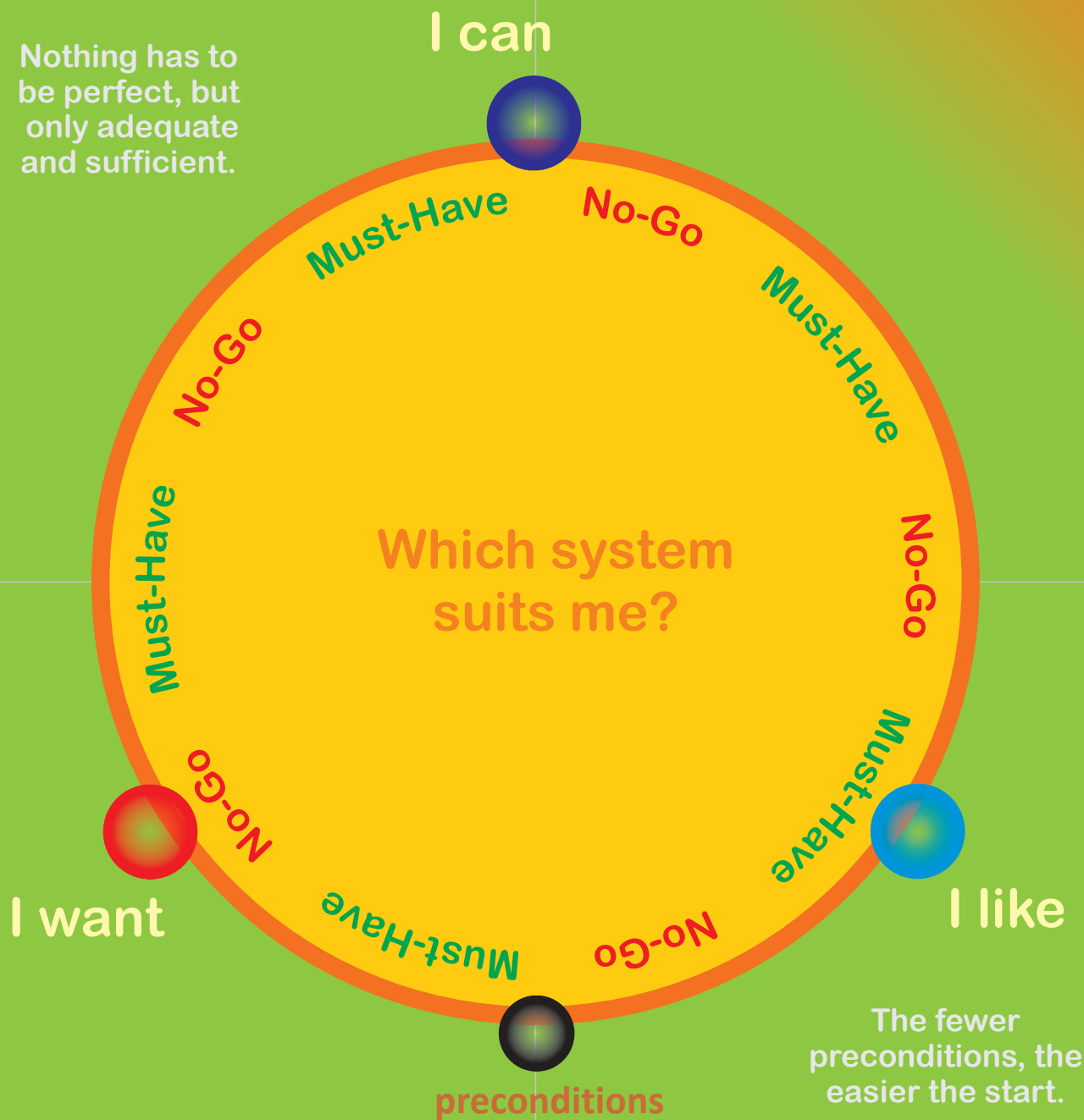
T1.4 System Opening with the Modal Matrix

This second map from the modal matrix model already shows the three system positions that are not individual. It is about the preconditions, the cooperation structure and the margins, which are then discussed more closely in NVC-plus field 2 with their own map. We see an orange circle in the large yellow circle. The individual thinks of field 2 and first thinks about these 3 system positions for himself. What are the own preconditions, the own lead structure and the own leeway, which one needs or can grant. In addition, we see that liking has to do with a need, wanting with a utopia and being able with potentials.

Application: Before we enter into a joint negotiation, we can reflect alone, in pairs or in threes on our inner situation in relation to the common ground.

T1.4 Individual - System launch with the Modal Matrix





This map is the first map of the second NVC-plus field. We see the orange circle and the orange upper right corner of the map as a hint. It describes the personal preconditions, which must be fulfilled in the system for us. These can be found within an area of No-Goes and Must-Haves. What must be fulfilled for me and what must not be so that I am on board? If no system is available for us, then we have failed at the earliest possible time, which is the most favorable. We did not fool ourselves. You can also question the system again in between, as situations and people change.

Application: We share our Must-Haves and No-Goes. Are we all on board? Give as few preconditions as possible and only those that would lead to you not being on board. It doesn't matter whether an unfulfilled precondition would lead to an inner or an outer exit.

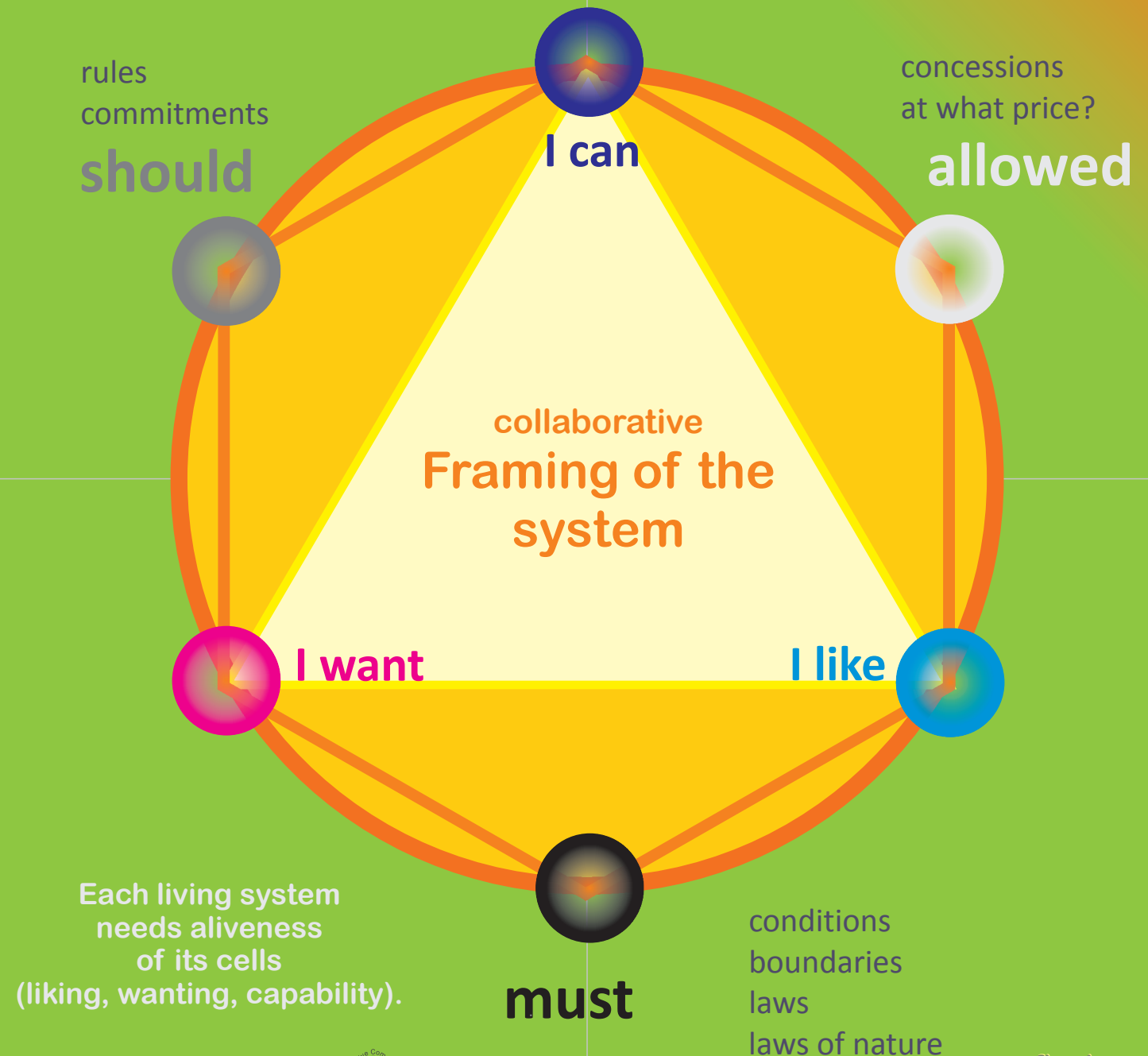
T2.2 Framing with the Modal Matrix

This map now shows the complete model of the modal matrix, which derives its name from the modal verbs. Here we see the positions outside the individual triangle: Must, should, may: We have to, because we or the project needs something. Whoever wants to lose weight must...?

Must shows us the limits. This must be fulfilled so that we can form a system: ...? We need time, energy and health. We need communication and encounter. We need gravity, air to breathe etc.. There are also certain rules and obligations that keep the business running. They are described by the SHOULD. The area of AUTHORITY marks the free spaces. But these also have a price. Who pays it and how high is it?

Application: We consider a system structure that is as slim and elegant as possible, which enables us to carry out our project or our current project phase. Conditions, liabilities and concessions are named. These must fit us and the success of the project.

T2.2 System structure - Framing with the Modal Matrix





T2.3 Levels of system structure

This map reminds us that a system structure consists of several areas that are difficult to grasp in different ways. Consciousness is quite abstract, culture is a bit clearer, especially if it is the usual one and especially the material structure can be calculated and measured according to the laws of physics. When we frame a system, we should keep an eye on everything. Because we are already framed and so is our cultural environment. Our environment is also designed. All this opens up possibilities and obstacles. What is to be done?

Application: We talk about the existing structures that seem relevant to us. What promotes our project and the utopias of individuals, what seems to lead in the opposite direction? How can we establish a structure that channels our energies in the best possible way, making the desired as simple as possible and the undesirable as difficult as possible?

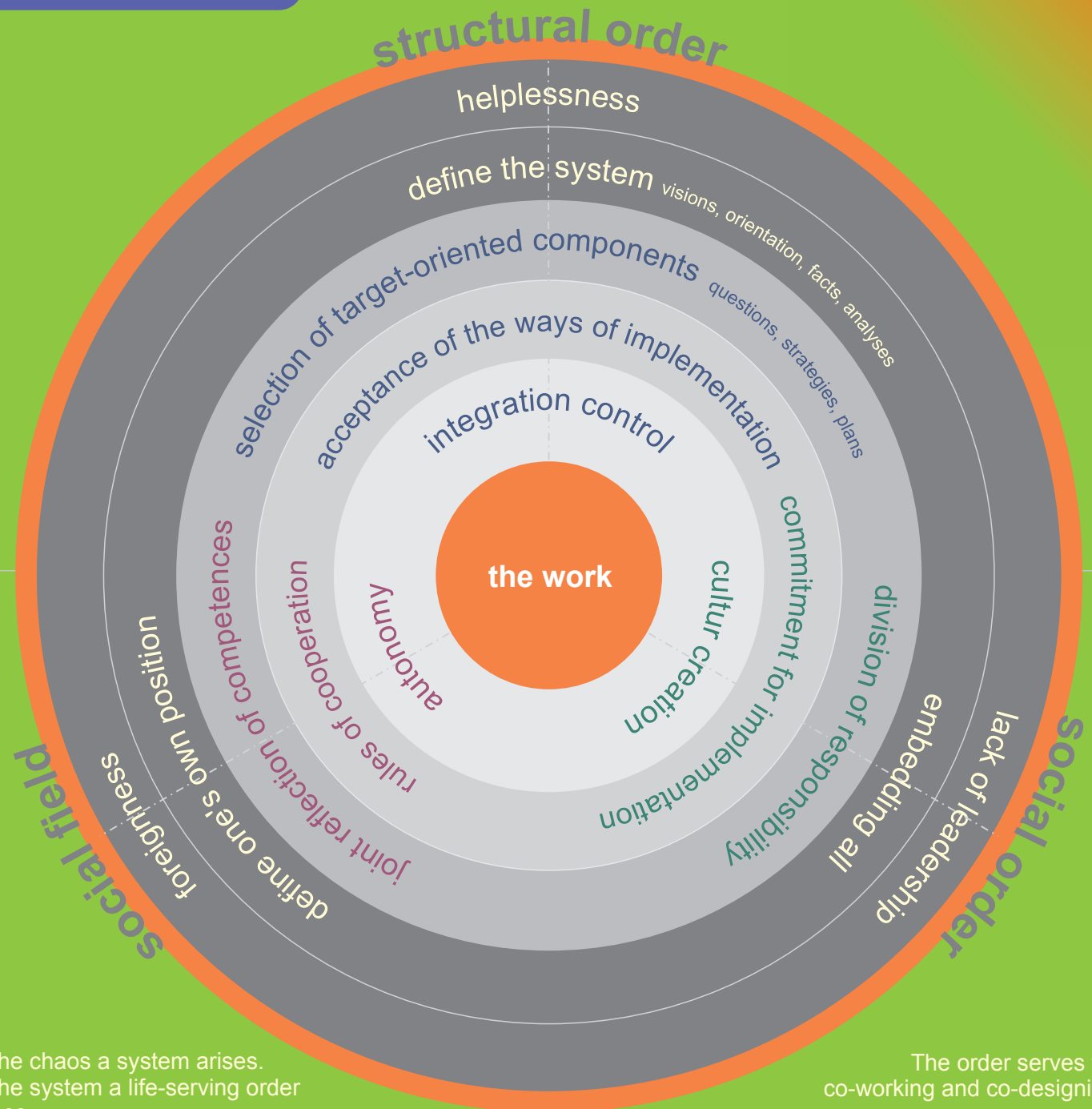
T2.4 Orbital Model

The orbital model is the sister model of Robert Kana's Pentagon model. We approach our project realization from the outside to the inside. At the beginning we are in the dark zone, where we will not be able to call for a common performance. But from section to section we approach the innermost circle in which our work processes run like clockwork. This will not remain so. In this model we can recognize on which level we have fallen back and then feel our way back together.

Application: This model serves the common planning of suitable system structures. You sit down together and reflect, or you think alone about what the common ground is like. This card is particularly valuable for diagnostic purposes. You can find more about this in the book: The Pentagon Challenge.

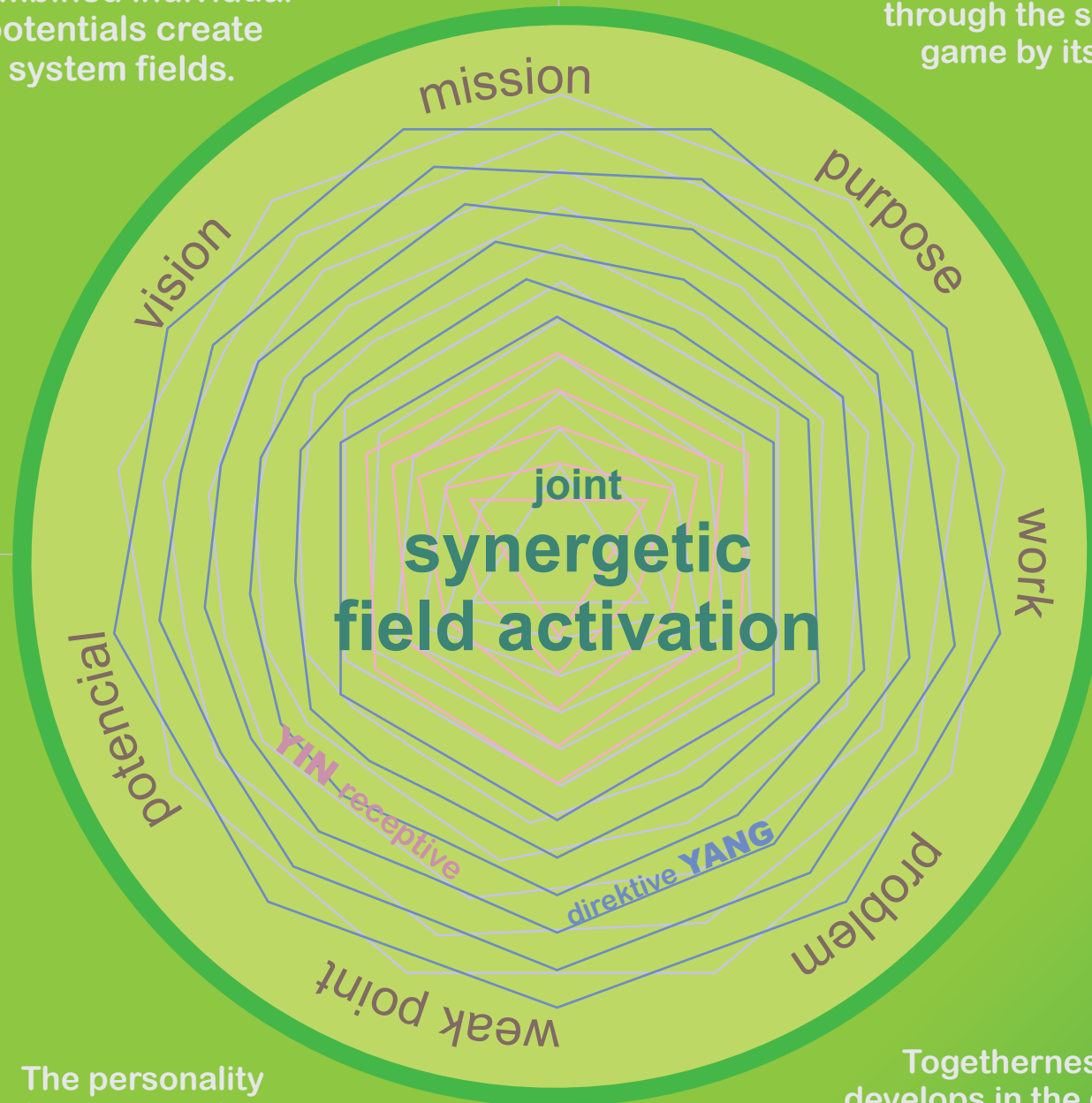
Step by step, everyone finds their way from being a stranger to their position and above that to their independence. From the initial lack of leadership, the integration of everyone resulted in a culture that replaces the dominant leader as long as we are committed. The initial lack of planning was guided by the selection of goal-oriented components to a practicability, and examined by means of an integration control. Of course this model looks a bit technical for couples and families at first, but lack of planning, foreignness and lack of leadership are certainly parameters that are recognized by many.

T2.4 System structure - Orbital Model



Combined individual potentials create system fields.

The metabody of togetherness is created through the shared game by itself.



The personality develops in togetherness of individuals.

Togetherness develops in the game of the personalities.

The system structure enables a separate system field to be created due to its limitations. The field is a kind of force field. It is created by the entanglement of the individual potentials and the surrounding forces, such as the forces of nature. This map shows yin and yang field lines, which make up the system field. Yin is receptive, Yang is directive and communicative and interactive cycles are formed with both. Crucial are the individuals with their utopias, which are oriented towards a common vision. The system field cannot be explained physically but metaphysically or phenomenally. One cannot create it, but one can guarantee the preconditions for its creation. One of the preconditions is the utopia (GFK-plus-field 1) and the system structure (GFK-plus-field 2). On the GFK-plus field 3, presence and mindfulness are now added. Shared moments of mindfulness and presence create a field.

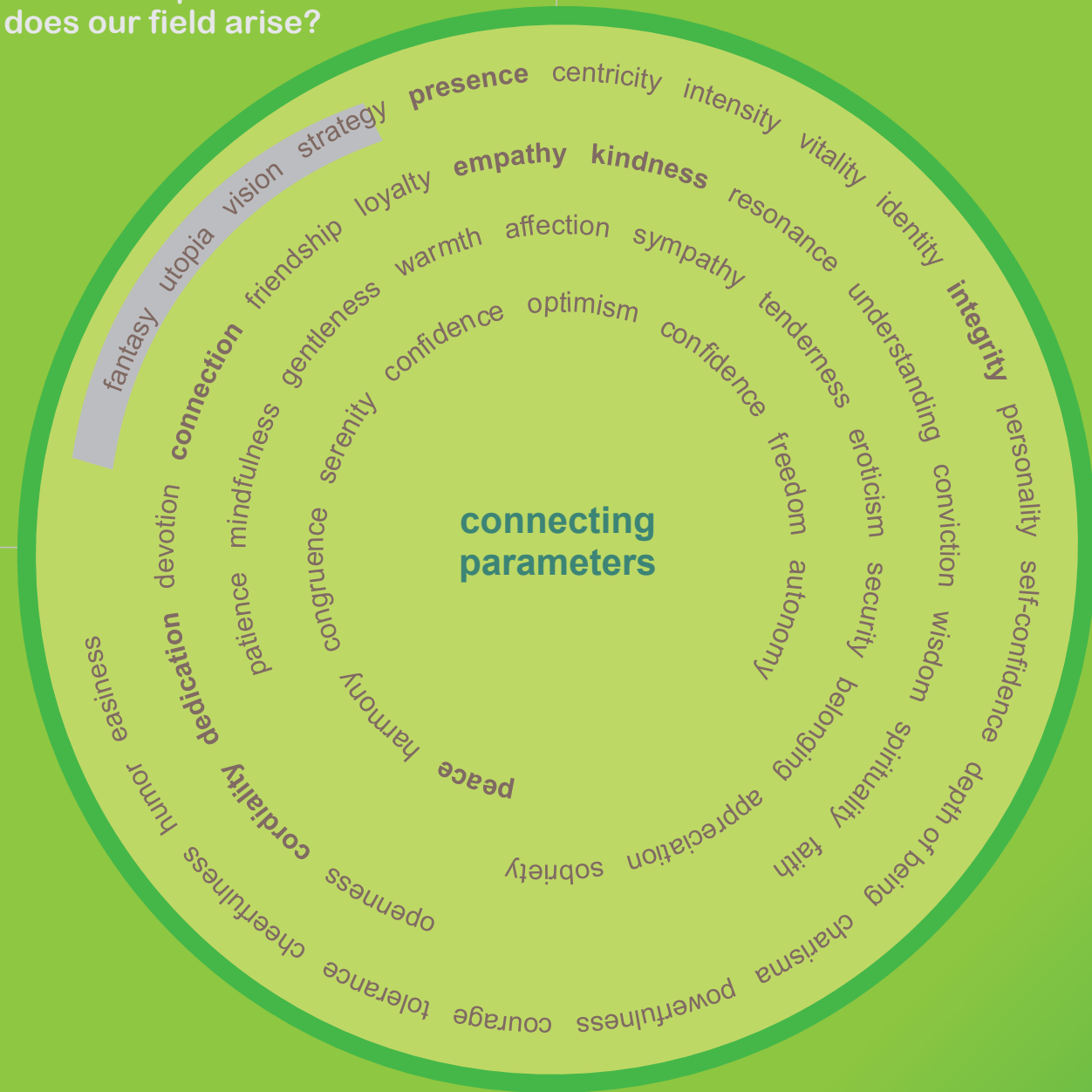
Application: We come together. Before we enter in a factual/technical way, we give ourselves a shared moment of silence. In this moment we try to train an interactive sensitivity. As we listen more into the space than see, we notice a new possibility of presence. We could have a tea ceremony or just close our eyes for a moment. We can face each other or sit in a circle. At some point we feel the reality of the common force field, the field of the meta-organism, which we are briefly common to, without losing ourselves in it in a kind of collective dream. We remain awake and individual.

These requirement words are a simplified form of the list of requirements from the appendix of the book. In order to be able to talk about what is relevant, words are needed. Without the words the mind does not get access.

Application: We read the words for the GFK-plus-field 3 and check which parameter resonates within us. What is still missing, which adjusting screw should we turn? Possibly use the more differentiated list of requirements from the appendix.

Out of which parameters does our field arise?

How can we reinforce the field?



Some swing
more inside,
others vibrate more
to the outside.

Better to be moved or to be understood,
would you rather swing or vibrate?

interaction
inspiration
voice
heart
body

body

individual
„radio frequencies“
of resonance

Synergy is manifold.
Experience yourself
in many ways.

Do we find us on our radar?

On which frequency do we radio into the field, on which frequency are we best reachable. This card shows that the common field can be composed of different radio frequencies. If we do not listen on all frequencies, we will miss a lot.

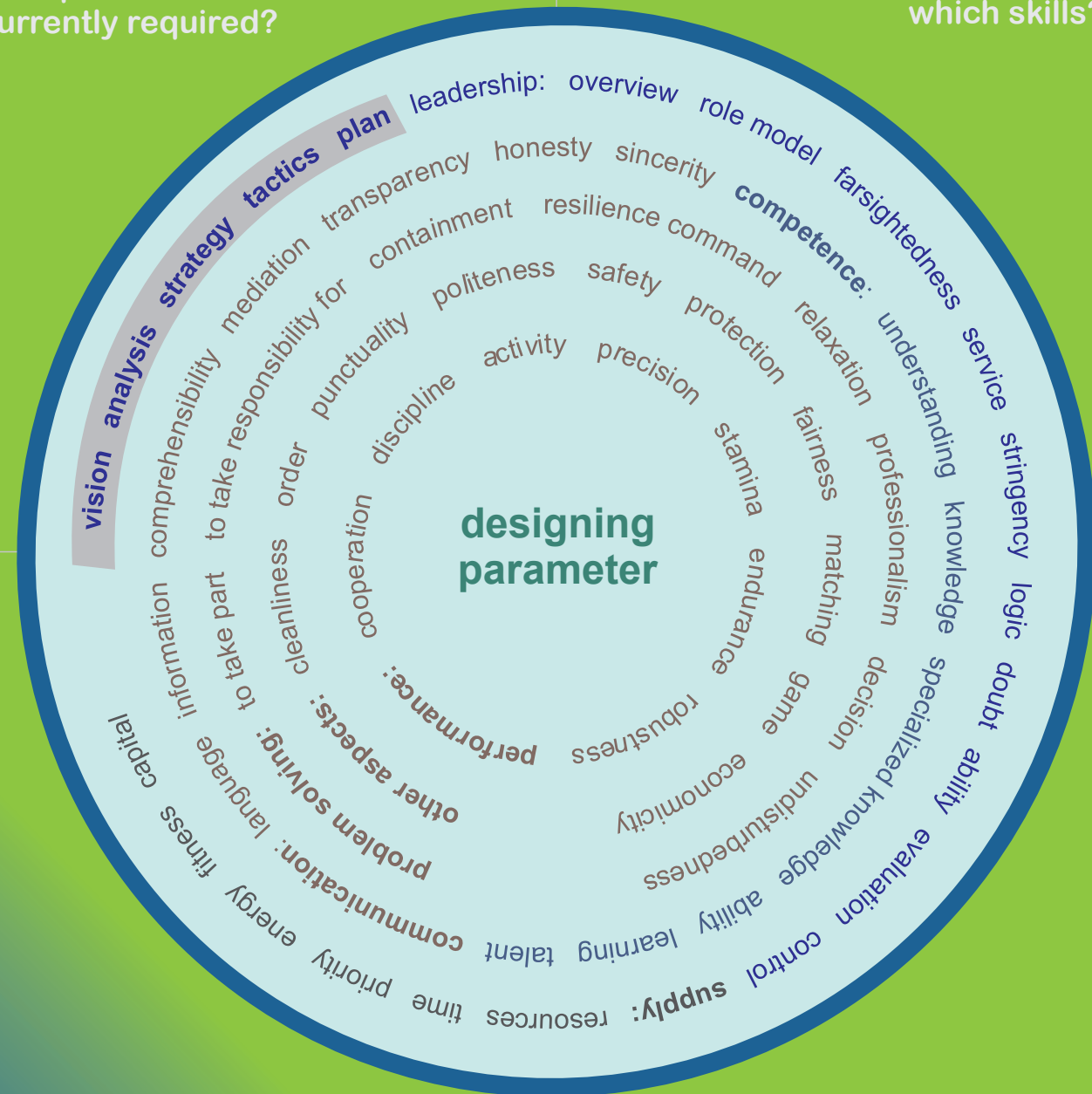
Application: What does everyone respond to? What touches and what frightens? What passes us by? We can talk about it when familiarity is sufficient, or try to guess how others tick. How does the head man reach the belly or heart type? Here, too, an interactive sensitivity must be developed.

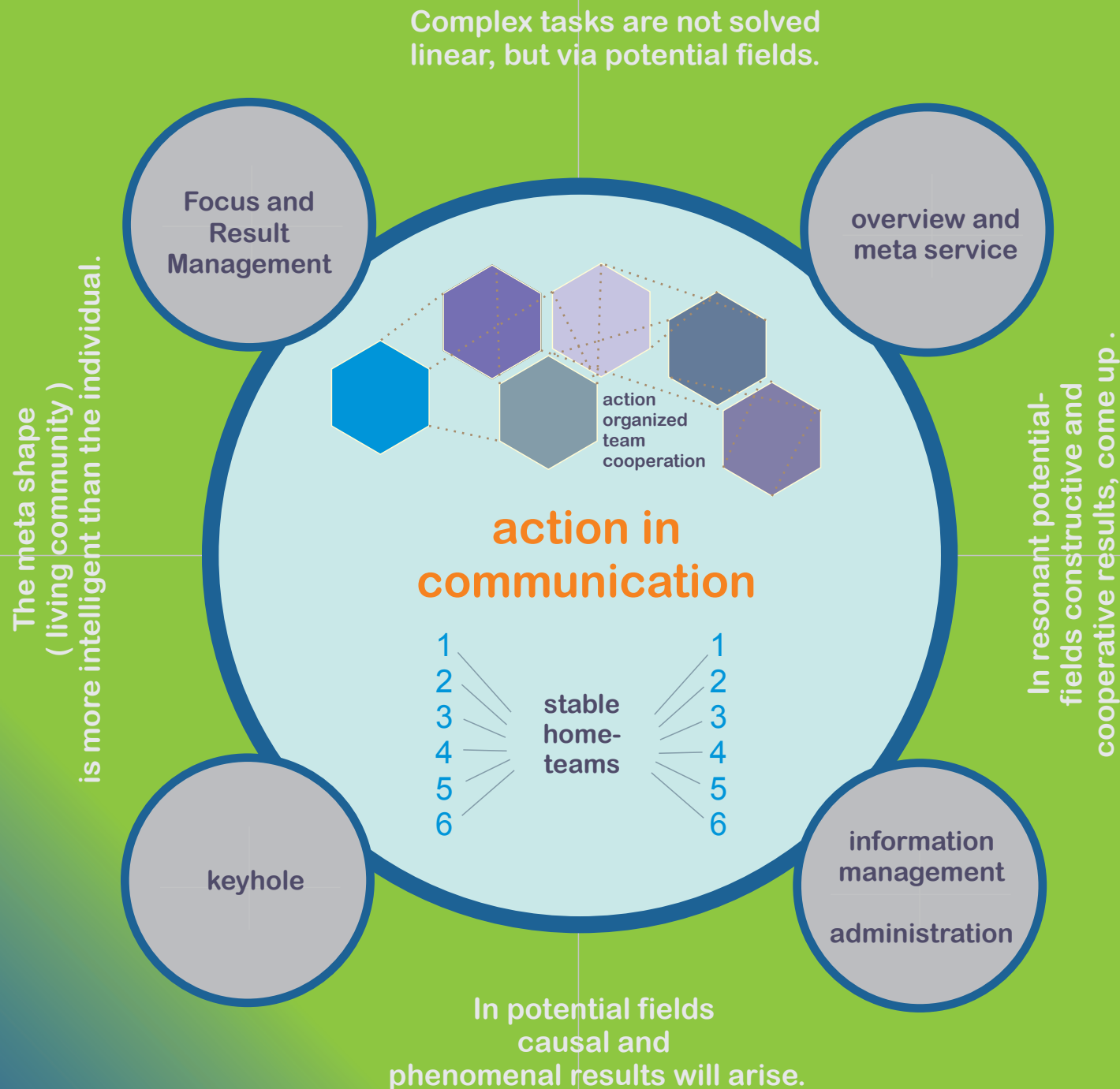
These requirement words are a simplified form of the list of requirements from the appendix of the book. In order to be able to talk about what is relevant, words are needed. Without the words the mind does not get access.

Application: We read the words for the GFK-plus-field 4 and check which parameter resonates within us. What is still missing, which adjusting screw should we turn? Possibly use the more differentiated list of requirements from the appendix.

Which parameters are currently required?

For which parameters we need which skills?





This map shows possible team structures that we can form in broader cooperation. The home teams are stable, which has the advantage that we soon understand each other blindly. In addition, there are also action-based team compositions that dissolve again as soon as they have completed their project. If you stick with small combs of up to 6 people, you can communicate well with each other. Each team has in its basic structure a position that has the meta-overview and the team care in view, one that looks at the results and one that guarantees the administration and the communication management internally and externally. After all, the results should also be available to others and the information should be in the room that is always needed for networked cooperation. Through the "keyhole" position, outsiders can partially participate in teamwork. It guarantees that the team does not cultivate a watertight seal and thus stagnates internally like a partnership without friends.

Application: The system members organize themselves into the teams that best fit the respective project tasks.

Zusatzkarten für GFK-plus

Hilfreiche Betrachtungen



Hier sehen wir eine Zusatzkarte, welche die Verantwortungsverteilung bei GFK-plus zeigt. Die Prozessbegleiter, die als Trainer oder Coaches eingeladen sind, ein Team bei der Implementierung von GFK-plus zeitweise zu helfen, die haben die Aufgabe, ein System nach GFK-plus zu diagnostizieren. Außerdem sollen sie das Team bei der Implementierung helfen, indem sie GFK-plus erklären.

Die Teammitglieder haben die Aufgabe, ihre Selbststeuerung zu trainieren. Dazu müssen sie sich ein ausreichendes Verständnis erarbeiten. Wollen sie jedoch nur die Diagnose, dann ist ihre Aufgabe, diese zu unterstützen und anschließend zu verarbeiten.

Anwendung: Werde dir über deine Verantwortung bewusst und übernehme diese in einem klaren Commitment. Werde dir der Verantwortung anderer bewusst und überlasse sie denen. Dabei sind klare Worte immer mal hilfreich, damit alle wissen, wer sich um was kümmert. Crossover Hilfestellungen sind natürlich immer mal sinnvoll.

Diese Karte verweist auf die Fähigkeit, Schmerzpunkte zu benennen und ist weitgehend selbsterklärend. Ein Schmerzpunkt ist kein No-Go, doch er zeigt, dass wir gemeinsam an den Grenzbereichen einer Person navigieren. Wenn das von der Person deutlich benannt wird, gibt das den anderen die Möglichkeit, auf eine geänderte Art achtsam zu navigieren.

Manch einer braucht vielleicht Unterstützung oder eine Art Anlauf für die nötige Klarheit der Mitteilung. Diese ist auch als Schmerzpunkt zu bezeichnen, da sie kein üblicher Einwand ist.

Schmerzpunkte benennen

In der Zusammenarbeit kommt es immer auch zu größeren und kleineren Schmerzpunkten. Um sie in der gemeinsamen Vorwärtsbewegung mit berücksichtigen zu können, müssen sie benannt werden. Von Zeit zu Zeit benennt z.B. jeder in einer Runde seine relevanten Schmerzpunkte. Diese werden nicht ausdiskutiert oder abgehandelt. Sie werden nur als Steuerungsdaten zur Verfügung gestellt. Verständnisfragen dazu sind natürlich sinnvoll und können beantwortet werden, oder auch nicht (keine "Warum-Fragen". Diese umformulieren). (Konflikte allerdings z.B. mit der klassischen GFK oder anders klären.)

Gemeinsam kann man nun überlegen, ob man die System-strukturen justieren, das Feld verstärken oder die synergetische Gestaltung verändern möchte, damit "der Schuh nicht mehr so drückt".

Nur die Praxis bringt Erfolg

verstehen, üben, anwenden, weitergeben



Funktionen kann man dressieren,
Lernen gelingt am besten spielerisch,
mit Freiraum und mit Humor.

Wer weiß, wie es geht,
hat aufgehört, zu lernen.

Kommt eine Giraffe zum ...

Diese Zusatzkarte weitgehend selbsterklärend. Wir können funktionale Fähigkeiten und Reflexe auch sinnfrei trainieren, wie beim Torwarttraining. Je komplexer das funktionale Zusammenspiel wird, desto weniger ist es als Ganzes trainierbar. Und sobald für den Erfolg Geistesqualitäten wie Kreativität, Bewusstheit, Sinn-erfüllung etc. mit ins Spiel kommen, brauchen wir Spielsituationen, die kein rein funktionales Training mehr sind.

