



Checklist 6: Expanding the Framework

This checklist can help you identify your strengths and areas for development in broadening your conversational frameworks:

Incorporating the Dimension of Time in Conversations:

- Investigate the origins of the limiting situation or belief;
- Encourage reflections on how one might reflect on the current situation from a future standpoint;
- Adopt a long-term perspective, considering the journey from youth to later life.

Adopting a Bird's-Eye View:

- Visualize the issue from an elevated perspective, as if viewing from the sky or space;
- Consider the problem from broader geographical contexts, such as the perspective of your country, continent, or the planet.

Considering a Wider Context:

- Evaluate how the issue appears within the playing field, including competitors, potential partners, customers, and consumers;
- View the situation through the lens of organizational leadership, such as the board of directors, senior management, or employee council.

Exploring Additional Dimensions:

- Apply Bert Hellinger's systemic field principles to understand underlying dynamics;
- Use Spiral Dynamics to examine the situation from the standpoint of human motivations and drives;
- Incorporate systems theory, focusing on interaction patterns and triadic relationships;
- Apply Transactional Analysis, particularly the dynamics of the drama triangle;
- Examine through the phases of team development to understand group dynamics;
- Consider cultural patterns that may influence and perpetuate specific behaviors.