

IN MOST CASES
THE
Solution
D·O·E·S·N·O·T
CARE
H·O·W
THE
PROBLEM
CAME TO BE

Most problems are people problems. People and their interactions form complex systems in which problems don't have clear origins. **Solution focus** proposes that we can solve these problems without fully understanding them. Analysis is even counter-productive: It gives the problem more power and makes it seem insurmountable, while not helping much with building a solution. Instead, concentrate on what you want, not what you don't want. Experiment rather than analyze!

"Find out what works and do more of it" – Steve de Shazer

