

**FUTURE PULL:
Creating Change From the
Future Back**

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Future Pull

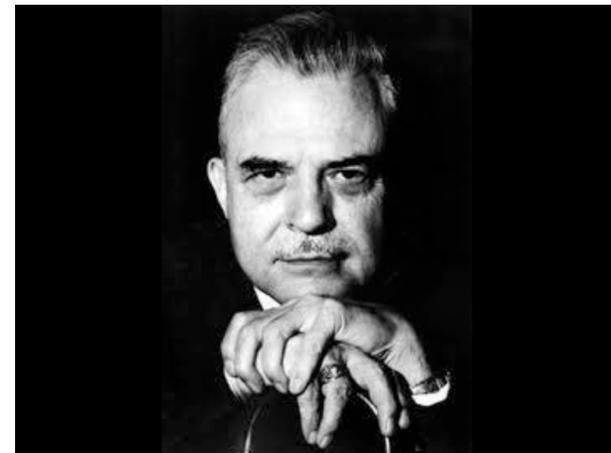
THE FARMHOUSE IN MY FUTURE



Future Pull

THE VICTOR FRANKL STRATEGY

Future Pull



Future Pull



THE CRYSTAL BALL TECHNIQUE (Pseudo-Orientation in Time)

Future Pull

**“The future enters into us, in order to transform itself into us, long before it happens.”
–Rainer Maria Rilke**

Future Pull

**“You have to go fetch the future. It’s not coming towards you; it’s running away.”
–Zulu proverb**

Creating Future Pull

- **Assume problem-free or preferred futures will occur**
- **Let your language and nonverbals reflect that assumption**
- **Use metaphorical images or frames to help the person get into this inquiry**
- **Then linger on those hopeful futures and ask for details; be curious**
- **Collaborate with the person on getting some aspects of those hopeful futures to happen in the near future**
- **Or find out what the person would need to do, think or focus on to make it more likely for those futures to occur**

Future Pull

FUTURE PULL TECHNIQUES

Future Pull Technique 1

PROBLEMS INTO PREFERENCES

Reflect the person's problem statements or complaints into:

What they would want instead

From the past to the future

The presence of something they want rather than the absence of the problem

Small increments of what they would prefer rather than big leaps

Future Pull Technique 2

A LETTER FROM YOUR PREFERRED FUTURE

Suggest the person write themselves a letter from a future in which things are better or the problem is resolved

Tell themselves what is happening in that better future and crucial turning points or decisions that helped get them there

Give themselves some encouragement or helpful and compassionate advice from that future self

A Letter From Your Preferred Future Questions

Use these questions to guide the letter writing:

What have you learned and gained perspective on since back in [fill in the present date/year]?

What things were you worried or frightened about in those days that seem trivial or far away for you today?

What problems seemed overwhelming or insurmountable in those days that you did eventually resolve or overcome?

What sage advice would your future self give to that present self?

What comfort or reassurance would your future self give to your present self?

Who were you troubled by, frightened by or concerned with that now doesn't matter as much?

Future Pull Technique 3

A FUTURE WITHOUT THE PROBLEM

Ask the person to imagine/experience a future in which their problem is resolved or they have gotten to a better place

Bring them back closer to the present (the near future) and ask them what part of that future they could bring back or start to create, realize or do soon

The Social Worker Princess



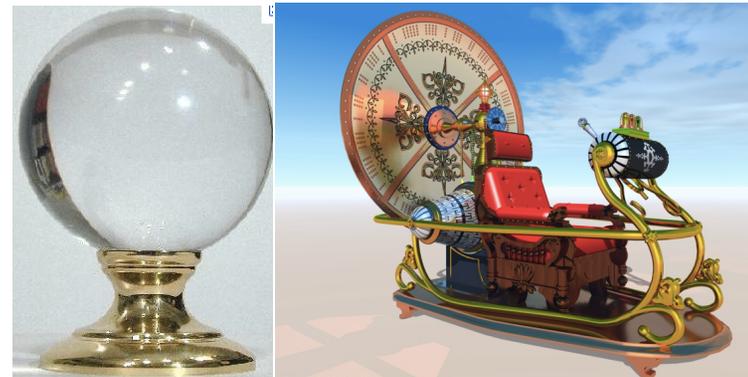
Future Pull Technique 3

A FUTURE WITHOUT THE PROBLEM

Find a metaphorical image or frame (such as a magic wand, a miracle, a time machine, a crystal ball, a rainbow bridge, and so on) that can help the person get into imagining a future without the problem

Ask them to describe what is happening in that future and bring some part of it back to the near future

Future Metaphors/Images



Future Metaphors/Images



A Future Without the Problem questions

If your problem disappeared, what would be different?

- ✓ In your daily actions?
- ✓ In your relationships?
- ✓ In your work?
- ✓ In your thinking?
- ✓ That others would notice?

What part of that future without a problem could you start doing right away?

Future Pull Technique 4

POSITIVE EXPECTANCY TALK

Use words that create an expectancy for positive change and problem resolution:

When you get over this problem

Before you make these changes

After you get better

How quickly do you think things will get better?

So you haven't been able to get to work on time consistently yet?

Future Pull Technique 5

The Miracle Question

If a miracle happened tonight while you were asleep and the problem that brought you here was removed, what is the first thing you would notice after you woke up tomorrow that would let you know the problem is gone?

Who else would notice and what would they notice?

Future Pull

“The best thing about the future is that comes only one day at a time.” –Abraham Lincoln

Future Solution questions

If I could wave a magic wand and your problem was gone, what would be happening?

If your problem disappeared overnight, what would be the first thing you would notice that was different tomorrow as you started your day?

If we could take a time machine to the future after you have gotten thought this problem, what would I see you doing in your day-to-day life differently from what you have been doing recently?

Future Solution questions

If you could have a different future than the one your problems are pointing you towards, what would it be?

What is your fondest dream for the future?

If someone were writing your obituary or talking about you at your funeral, what would you want them to have said?

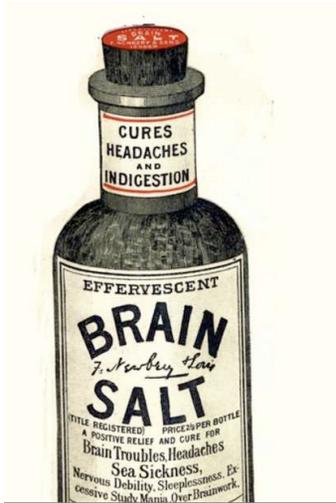
Future Solution questions

What would you do or focus on as you left this office (or treatment center) that would make it possible or even likely, that better future would come true?

What part of that future do you think you could start doing right now?

Could you write yourself a letter from your future self that had gotten through all this trouble and tell yourself what that future is like and how you got there?

State-Dependent Learning



Future Solutions



FUTURE PULL

Slides will be available at

www.billohanlon.com

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