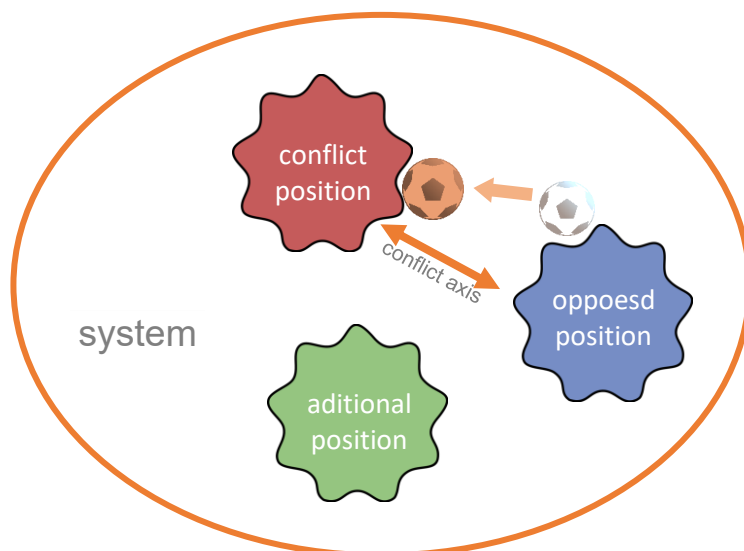


# Position Work

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Deep emotional processes should be handled by a professional. The doormat processes are for people who are able to playfully engage with their inner processes and not for people whose inner structure can no longer provide them with sufficient support. The use of these tools is at your own discretion and risk.

How can we achieve or awaken systemic clarity when faced with problems? By simply representing the problem in a schematic system. In most cases, three systemic positions are sufficient, which I usually represent with coloured carpet flowers. The three positions laid out are: A red problem position, on which the problem owner should stand. A perhaps blue opposite position. This is where the conflict partner with whom the first person has their conflict stands. And then we need another mat, which stands for any additional position and can also serve as a meta-position for observation within the system. Absent persons can also be replaced by stuffed animals, for example. The problem is represented by a ball or similar object. The ball is not on the position (carpet flower) because the person is not the problem, but only has it. Furthermore, the person is not the position in the system, they only hold it and thus appear as a certain person, e.g. as a father. But every father is also a son, often also a husband, friend, worker, etc. This has to do with the respective system we are looking at. But he is never a thief, a cheater or a liar. He is only perhaps someone who once stole something, cheated someone or lied to someone. (Or did what we diagnose far too broadly).



We have several questions:

**The core conflict** – the central point of contention without which the energy would be drained from the conflict.

- What is the central core of the conflict? (Symbolised by the ball)
- Who has this conflict?

**The axis of conflict**

With whom does he have this conflict?

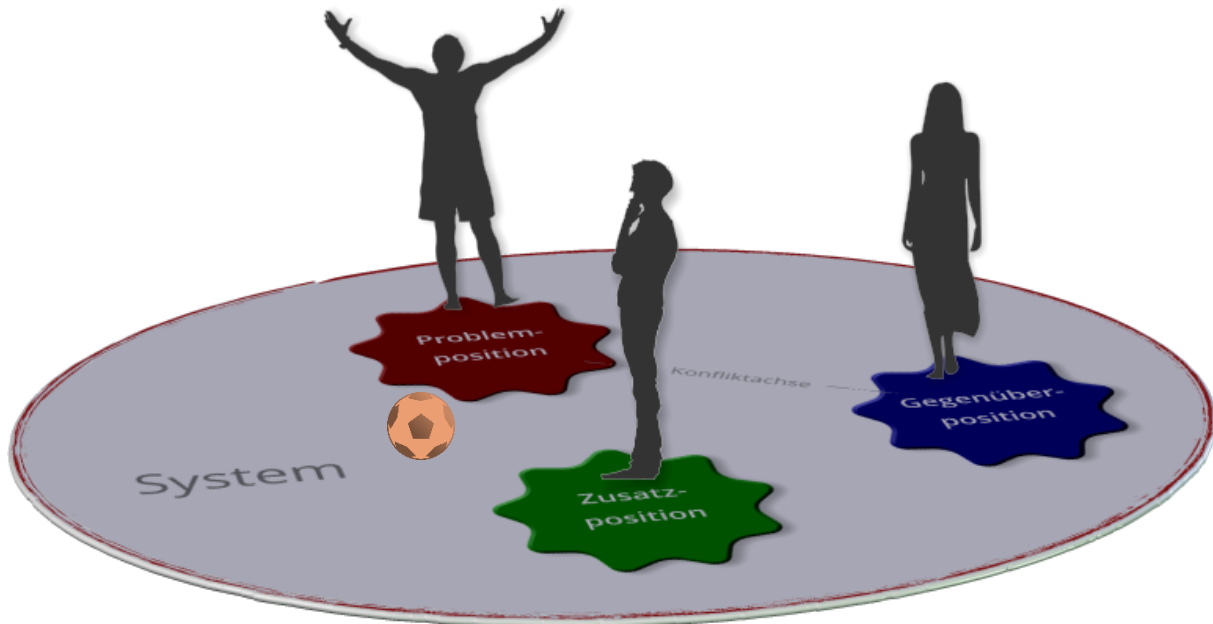
**The conflict level**

At what (system) level does the conflict take place?

(e.g. technical, financial, partnership, political, etc.)

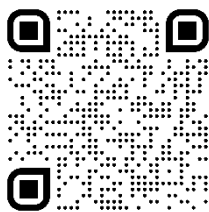
The person in the conflict position (red) is the one with the conflict (ball). They are the sender and the other person is merely the recipient of their request, question or statement. However, they are happy to pass the conflict ball to the other person.

In the third position, one is well suited to be the "rescuer", so caution is advised. The "perpetrator" and "victim" can also be well represented in the red and blue positions. But if the "perpetrator" takes responsibility for their problem (the ball) and communicates their request, question or statement to the "victim" – and the "victim" does not take responsibility for the "perpetrator's" problem, but only listens and responds and supports them of their own free will – then a lot has already been achieved.



Tip: Clients are usually better off in the opposite position than in the problem position. Feel free to think about the systemic decoupling process afterwards....

Download worksheet



<https://t1p.de/egx0h>