



MAD

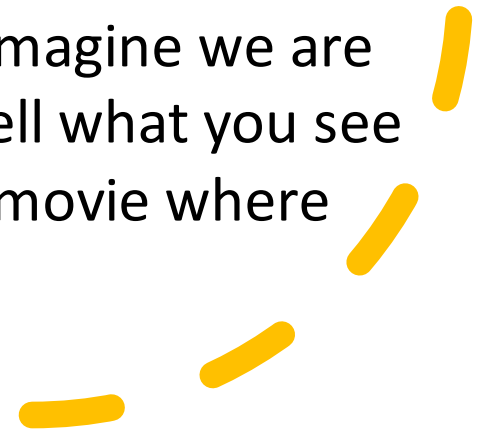
Make a difference



Miracle Method

What is the Miracle Method?

- The purpose of the method is to think about what life is like when a miracle has happened, and the problem no longer exists.
 - *What has changed? What things are different?*
- The method gives you the freedom to come up with just about anything. Anything is possible in the future when a miracle has happened.
 - *What would that wonderful future be like?*
- When answering the miracle question, imagine we are already in the future, look around and tell what you see there. The answer is like jumping into a movie where there the problem does not exist.



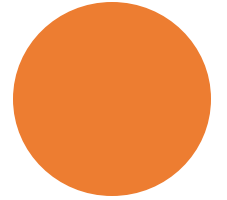
Suppose, when you go to bed tonight...



In the middle of the night, during your deepest sleep a good elf arrives without you knowing it and waves their magic wand and a miracle happens:

There is no bullying anymore!

Because this miracle happens while you are sleeping, you are not aware of it in the morning, of course.



When you wake up...

How do you know that a miracle has happened?

- How will you **first notice** that the miracle has happened?
- What is the next thing?
- **What else has happened** that makes you notice that the miracle has happened?

What is different

- At your home
- On your way to the school
- At school
- In the city?

Is something somewhere else different?



How would others know that the miracle has happened?

How would **your parents or grandparents** notice that the miracle has happened?

- How about your **other family members**?
- How about your **classmates**?
- *How do they act differently now?*

How your **teacher / principal** notices that the miracle has happened?

- *How do they act differently now?*

Who else would still notice that the miracle has happened?

- *How do they act differently now?*



How do you feel?

How do you yourself **feel** about the change?

How have you yourself changed?

How has your own **behavior changed**?
How are you **acting differently** now?

How do you think your own change might **affect other people**?



