

The following is a broad description of Appreciative Inquiry that is excerpted from an article by Jane Magruder Watkins and David Cooperrider. The title of original article is **Appreciative Inquiry: A Transformative Paradigm.**

WHAT IS IT?

Appreciative Inquiry, a concept and approach conceived and described in the work of Dr. David Cooperrider and his colleagues at Case Western Reserve's school of Organization Behavior, is a worldview, a paradigm of thought and understanding that holds organizations to be affirmative systems created by humankind as solutions to problems. It is a theory, a mindset, and an approach to analysis that leads to organizational learning and creativity.

Used in place of the traditional problem solving approach — finding what is wrong and forging solutions to fix the problems — Appreciative Inquiry seeks what is "right" in an organization. It is a habit of mind, heart, and imagination that searches for the success, the life-giving force, the incidence of joy. It moves toward what the organization is doing right and provides a frame for creating an imagined future that builds on and expands the joyful and life-giving realities as the metaphor and organizing principle of the organization.

The 20th Century habit of mind, heart and imagination in Western thought reaches the depths of cynicism. Metaphorically, in much of the world today, the glass is half empty. Indeed, cynicism is considered reality so much so that the terms "Pollyanna," "Unrealistic," and "Naive" are used to describe those who approach life from the perspective of the glass as half full.

Appreciative Inquiry is an articulated theory that rationalizes and reinforces the habit of mind that moves through the world in a generative frame, seeking and finding images of the possible rather than scenes of disaster and despair.

WHY DO IT?

Why do we need to look for the positive, for the life-giving forces, for those moments of joy and satisfaction? One might argue that such a vantage point at least guarantees a good night's sleep. However, the habit of seeking and finding the generative rather than the destructive image appears to have far more power than simple peace of mind.

In the early parts of this century, Western thought, based on the work of Freud and Jung, believed that human behavior was caused by the events of one's childhood and family reality. To change behavior, a person had to delve into this "historical reality" and find ways to resolve those issues in order to change behavior. Mid-century, behavioral scientists such as Skinner and Lewin suggested that the past was mostly irrelevant. What controlled human behavior was the environment and circumstances of life in the present

moment. Human behavior, they believed, was shaped by "current reality."

As we approach the end of the century, scientists are beginning to understand the impact on human behavior of "anticipatory reality." Who among us has not experienced a quickened heartbeat and other physical symptoms of anxiety as we approach a person that we imagine is angry or upset with us? It is the anticipation of the behavior of the other that generates a physical response in us. In the same way, we have the power to create the positive events in our lives such as the joy we experience in anticipation of a pleasurable experience.

There is much research going on today, and much to be observed that suggests that we human beings create the future that we imagine. As leading nations of the world more and more imagined the terrible destruction of nuclear war, each armed itself to the edge of financial collapse. Images of violence and destruction became the organizing principle of society. Today, the streets of American cities are rife with violence and destruction. The arms of war are even in the hands of children who slay each other in gang wars or by accident in their homes playing with guns bought by fearful and cynical people living in a paradigm of fear. It is not hard to imagine how such a world might end.

There is, however, an opposing force, a shift in the wind. The time of change is upon us. Beneath this blanket of cynicism and fear, movements are afoot across the globe that say "enough!" Women are changing their roles; environmentalists are organizing to regenerate the planet; non-traditional spiritual communities and movements are reaching beyond the customary in search of more hopeful belief systems, more creative symbols and rituals.

In organizations across government, non-profit, and the private sector there are signs of change. The literature is beginning to reflect some of the new habits of mind, heart, and imagination -- Total Quality Management, a learning organization, valuing diversity. Appreciative Inquiry as a system of thought is based on social science research that affirms these trends and movements by demonstrating the power of generative images to create a world of hope and possibility. This is not about denying the negative and destructive. It is, rather, about focusing on the positive and creative as a force for building a more positive future.

The knowledge base that supports this approach comes from widely diverse fields such as medicine, sports, behavioral science, and anthropology. For example, since the mid-fifties, Western medical science has become aware of the power of the mind to heal the body. This concept has always been the basis of healing in Eastern cultures, but the split in mind and body that began with the Greeks and now dominates Western thought and behavior is rediscovering this mind/body connection using scientific experimentation and documented data.

The widely documented placebo studies beginning in the mid 1950's have shown that people given "sugar" pills, believing that they are taking "real" medicine, get well at

about the same rate as those taking the medicine.

Though the placebo phenomenon has been controversial for some twenty years, most of the medical profession now accepts as genuine, the fact that anywhere from one-third to two-thirds of all patients will show marked physiological and emotional improvement in symptoms simply by believing they are given an effective treatment, even when that treatment is just a sugar pill or some other inert substance.

(Beecher, 1955; White, Tursky, and Schwartz, 1985.) *For a comprehensive discussion of the research in this and the following fields cited in this paper, see "Positive Image, Positive Action: The Affirmative Basis of Organizing" by David L. Cooperrider.*

Norman Cousins popularized this notion in his book about his recovery from a life threatening illness. Currently, a whole series of books, including **Quantum Healing** and **The Mind-Body Connection** by the Western trained physician, Deepak Chopra, an Indian by birth, articulates the reasons for and the power of the mind/body connection and its importance in keeping well. Simonton (**Getting Well Again**) at his clinic in Texas, documented an unusually high rate of recovery from "terminal" cancer by patients who worked with resolving their psychological issues and practiced positive imagery. Bill Moyers created a whole series for the Public Broadcasting System on the power of the mind to heal the body.

In another set of studies, behavioral scientists looked at the ratio of positive as opposed to negative thought patterns in people facing major heart surgery. The studies demonstrated that those who approached the operation with a feeling that the doctor was the best, the medical techniques proven and safe, and their chances of being well again were excellent, recovered at a much greater rate than those who approached the operation with fear and concern. In these studies, it was concluded that the desired ratio of positive thoughts to negative thoughts is approximately 2 to 1. With a 2 to 1 ratio, there is a marked difference in the level of well being that a person experiences.

A set of experiments called the Pygmalion studies, carried out in classrooms with school children, demonstrated the power of another person's image of us in shaping our performance. In these studies, teachers were told that one group of students were not very intelligent, tended to do poorly and were often not well-behaved in the classroom, while the second group was bright, hard-working, and successful. The teacher believed these to be the facts while in actuality, the division of students into the two groups was entirely random. Within one semester, however, almost without exception those labeled poor students were performing poorly and those labeled good students were excelling.

Further study showed that the effects of this image held by the teacher affected the students far into the future. (By inference, the same effect can be anticipated with images held by parents, bosses, and other authority figures.) Furthermore, it was proven that the image that the teacher held of the student was a more powerful predictor of how well the child would do than IQ scores, home environment, or past performance. So damaging were these experiments to the students labeled "poor," that the scientific community

discontinued them. Who among us would want our child in such an experiment?

Finally, there are many examples in the sports arena of the power of the positive image in creating success for athletes. Books such as Jack Nicklaus's **Golf My Way** argue that the positive affirmation ("I'm going to hit it down the middle of the fairway," rather than "Don't hit it into the woods.") causes the whole body to respond to what the mind imagines is possible. Paradoxically, most of us believe that elimination of failures (negative self-monitoring, i.e., No, not the woods!) will improve performance when exactly the opposite appears to be true.

One particularly interesting experiment used video to record a bowling match. For one team, the experimenters edited out all of the mistakes and showed the team the film of everything they had done right. For the second team, they edited out everything done right and used the more traditional training method of showing the team its mistakes and strategizing how to correct them. While both teams improved, the team seeing what they did right had 100% greater improvement than did the team that was shown its mistakes.

The mind, it seems, does not know how to negate a negative; i.e., when we say to a child, "No, do not go into the swimming pool," what the mind records is the swimming pool. Tape recorders on the backs of a group of three-year-old children showed that over 80% of the messages they got were of the NO, NOT variety.

With this kind of scientific evidence emerging, it makes sense to rethink our approach to organization development. Appreciative Inquiry is not, however, just another technique for organizational business as usual. It requires an enlargement of the current paradigm of linear thinking and a rational, logical, and all too often cynical view of the world, to one that includes the creativity and seeming chaos of a multi-faceted approach to "knowing" that includes body and spirit as well as mind. The power of the Western way of knowing is not in dispute. What is up for examination is the limitations of that approach.

Appreciative Inquiry provides an intellectual construct and practice that gives organizations an expanded way of viewing reality and a practical rationale and method for creating a desired future.