

## **The Assumptions of Appreciative Inquiry**

Assumptions 1-8 taken from *The Thin Book of Appreciative Inquiry*, by Sue Annis Hammond.

- 1. In every society, organization, or group, something works.**
  
2. What we focus on becomes our reality.
  
3. Reality is created in the moment, and there are multiple realities.
  
- 4. The act of asking questions of an organization or group influences the group in some way.**
  
5. People have more confidence and comfort to journey to the future (the unknown) when they carry forward parts of the past (the known).
  
- 6. If we carry parts of the past forward, they should be what is best about the past.**
  
- 7. It is important to value differences.**
  
8. The language we use creates our reality.