



NADJA LABUDDA

Guide to preparing your response

The resonance response is a precise clarification format. In order for it to be effective, you first need to gather your thoughts. This guide will help you to condense your concerns and focus on the essentials. You do not have to work through the points systematically. Often, simply reading and reflecting on the questions is helpful in clarifying what is actually important to you. Use the guide in a way that works for you.

1 · Relevant context

Describe the necessary background concisely and objectively.

As much as necessary – as little as possible. The following may be helpful:

- people involved (who is essential to the situation?)
- the time frame (since when, in which phase?)
- your current position or role in the situation

A clear, concise description makes it easier to classify.

==== SPACE FOR CONTEXT

2 · Your current inner state

Briefly describe where you currently stand internally in relation to the situation. One or two sentences are sufficient. It is not about depth, but about orientation.

For example:

- uncertain
- ambivalent
- under pressure to make a decision
- emotionally overwhelmed
- disoriented

==== SPACE FOR INNER STATE



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3 · Your central question

Formulate a clear question or situation that you would like feedback on.

Focus on:

- What is really important to me here?
- Where am I losing clarity or direction?
- What am I currently unable to classify or decide on?

The question should be formulated in such a way that it can be precisely defined.

==== SPACE FOR YOUR QUESTION

4 · Submitting your request (important)

Please send me your question in one of the following two ways. Please choose one of the two options. This clear limitation is part of the working method and serves to ensure the precision and quality of the resonance response.

Option A – In writing by email

A coherent text of no more than one page.

Option B – As a voice message via WhatsApp

A single voice message with a maximum length of 3 minutes.

NOTE ON PREPARATION

Preparing your request is part of the process and deepens the resonance field. The resonance does not follow a predetermined direction. It arises from what is essential in the field of your request.