

Methods

What is the difference between a technique and a method? In this section we use the term 'method' to describe a specific flow or path that combines several techniques. We include a few established futuring methods, complete 'recipes' which include easy to follow step-by-step instructions. These provide a good place for the novice to start, as he or she can become comfortable with the different facets of the practice. More experienced practitioners are encouraged to extract general principles or incorporate aspects of these methods into an existing practice. In addition to conventional futures techniques, we also include experimental and contextual methods from hosting and experiential futures.

- [The classic 2x2 \(Shell/GBN Method\)](#)
- [Causal layered analysis \(CLA\)](#)
- Four generic futures
- [Prehearsals and pre-enactments](#)
- [The future mundane](#)
- Combinatorial futures
- Future search
- Futures workshop
- Non-predictive strategies
- Steady state and non-extrapolatory futures
- OODA (observe, orient, decide, act)
- [Appreciative inquiry](#)
- U-process
- AoH 8 breaths
- Chaordic strategy
- ...