

GETTING ABSOLUTELY POSITIVELY CLEAR ABOUT WHAT YOU WANT FROM YOUR THERAPY OR LIFE COACHING: WORKSHEET

Answering these questions makes sure we are as clear as possible about what you specifically desire.

1. State in the positive. "What specifically do you want?"

2. Specify present situation and get them associated. "Where are you now?"

3. Clarify outcome using all senses. "What will you see, hear, feel, (taste or smell) when you have it?"

4. Specify evidence procedure. "How will you know when you have it?"

5. Design it to be congruently desirable; and increase choice. "What will this outcome get for you or allow you to do?"

6. Ensure that it is self-initiated and self-maintained, in other words, not for someone else. "Is it only for you?"

7. Put it in context to get clearer overall picture. "Where, when, how, and with whom do you want it?"

8. Access all needed inner and outer resources. "What do you have now, and what do you need to get your outcome?"

a) "Have you ever had or done this before?"

b) "Do you know anyone who has?"

c) "Can you act as if you have it?"

9. Check that desired result is ecological and thoroughly congruent.

a) "For what purpose do you want this?"

b) b) "What will you gain or lose if you have it?"

c) c) "What will happen if you get it?"

d) d) "What won't happen if you get it?"

e) e) "What will happen if you don't get it?"

f) f) "What won't happen if you don't get it?"

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com