What does the client describe as the main problem(s)?

What does the client want from therapy/coaching?

    <u>Emotional Goals</u>: What thoughts, images, feelings, emotions, sensations, memories, urges, would he like to have less of? (**NB: We can reframe these as behavioural goals: "So part of our work here is learning new skills to handle these difficult thoughts and feelings more effectively, so they have less impact and influence over you" **)

    <u>Behavioural Goals:</u> What would the client like to stop/start; do more/less? How would he like to treat himself, others, the world, differently? What activities/skills would she like to start or develop? What people, places, activities, challenges, would he like to approach rather than avoid? What relationships does she want to improve, and how? Who does she want to be more present with or attentive to? What would he like to be better able to focus on or engage in?

EXTERNAL BARRIERS. Are there any external barriers (as opposed to psychological barriers) to a rich and full life - e.g. legal, social, medical, financial, occupational problems that require problem solving and/or skills training?

UNWORKABLE ACTION

What is the client doing that makes life worse, or keeps her stuck, worsens problems, inhibits growth, prevents healthy solutions, impairs health, damages relationships etc? (What would we see and/or hear on a video?)

What IMPORTANT or MEANINGFUL people, places, events, activities, situations, goals, problems and challenges is the client avoiding or escaping (e.g. withdrawing from, quitting, procrastinating, giving up on, or staying away from)?

FUSION: (Include examples of specific thoughts, as well as of processes such as 'worrying', etc.)

PAST & FUTURE: (rumination, worrying, fantasizing, blaming, predicting the worst, reliving old hurts, idealizing the past or the future, flashbacks, 'if only …', why did it happen?, catastrophizing, resentment, regrets etc.)

SELF-DESCRIPTION: (self-judgments, self-limiting ideas about 'who I am' or 'what I can and can't do', self-labels)

REASONS: (reasons the client gives for why she can't, won't or shouldn't change, or why his life can't be improved)

RULES: (about how myself, others, life should be: look for key words such as: 'should', 'have to', 'must', 'ought', 'right', 'wrong', 'always', 'never', 'can't because', 'won't until', 'shouldn't unless' etc.)

JUDGMENTS: (mostly these will be negative, but sometimes positive; may be about anyone or anything: other people, oneself, one's job, one's body, one's thoughts and feelings, the past, the future, or even life itself)

OTHER:

EXPERIENTIAL AVOIDANCE: (Private experiences the client is trying to avoid, get rid of, or is unwilling to have)
THOUGHTS, IMAGES, MEMORIES, EMOTIONS, FEELINGS, SENSATIONS, URGES, CRAVINGS, WITHDRAWAL SYMPTOMS:

LOSS OF CONTACTING THE PRESENT MOMENT:
The 3 Ds: Distractibility, Disengagement, Disconnection (from own thoughts and feelings)

VALUES & COMMITTED ACTION
IMPORTANT LIFE DOMAINS: (What life domains and what people does the client care about: e.g. work, study, health, parenting, marriage or other intimate relationship, friends, family, spirituality, community, environment)?

VALUES: (What values seem important within those domains?)

GOALS & ACTIONS: (What values-congruent goals and activities does the client: a) already have; and b) want to pursue? What issues require problem-solving and action planning?)

SKILLS-TRAINING: (What important skills does the client lack or fail to use e.g. problem solving, goal setting, self-soothing, assertiveness, communication, conflict resolution, relaxation, empathy?)

RESOURCES: (Strengths, skills and other personal resources? External resources that can potentially be accessed?)

MY PERSONAL BARRIERS: (What difficult thoughts and feelings show up for me, regarding this client?)

BRAINSTORM: What questions, exercises, worksheets, metaphors, tools, techniques and strategies can I use in the next session? What skills-training may be required? Is values-based problem-solving required for external barriers?