

"You are the one you have been waiting for."

When to use it:

When a client is being hard on themselves. When a client is angry, resentful or jealous.
When the inner critic is winning!

Overview:

Step 1: Uncover their true desire using outcome frame questions #1 and #2. (Step Back)

Step 2: Find out what stops them and for how long. (Step Back)

Step 3: Uncover the judgments they have about themselves. (Step Back)

Step 4: Get curious about underlying positive intention of judgment. (Let Go)

Step 5: Get curious about the important message this judgment has. (Say Yes To Self)

Step 6: Walk the client through the anger-fear-request-love statement. (Say Yes To Self)

Step 7: Appreciate the client.

Step 8: Set up empowered action. (Empowered Action)

Step 9: Set up accountability/ support. (Accountability and Support)

The Question Sequence:

"What would you like?"

"What will having that do for you?" (Ask this 2-3 times)

"So what you'd like is..." (IMPORTANT: Use the clients exact words of how they described their desired state, get confirmation and then PAUSE for few seconds before asking the next question.)

"What **stops** you?" **

"How long has this been going on?"

"What judgments do you have about yourself about this? **

"And what are you making that mean about you? (This is another way to uncover more judgments.)

"Thank you."

"Scan your body. If there was a place in your body where this judgment lives, where might that be?"

"Would you please load up that judgment (you can repeat back to them some of the judgments they shared). Now bring your awareness to this spot in your body where this judgment lives, what does that feel like right now?"

"Thank you. So take a few deep breaths here. If _____ (insert place in body they indicated) had a voice, if that place could talk and you could be the mouthpiece, what might that part say?"

"Letting the _____ (insert place in body they indicated) know that it is safe to share here. Is there anything that we might have missed or that wants to be expressed or heard that has not yet been said? (Collect 2-3 statements)

"Let's suppose this judgment has a **position intention** for you, that it actually wants something positive for you. What might that be? How come it was using judgment to get your attention, what was the positive intention of that?"

"Thank you. What else might it want for you? (Other positive intentions)

"So you now know that judgment has a very good intention; it can teach us what wants to be heard. Usually there is some unmet need or desire, or some aspect of our life that really wants our presence and our attention. When it gets ignored for too long, it will default to judgment - in hopes of finally getting your attention. Does that make sense?"

"Check in with your _____ (insert place in body) now. Take a few deep breaths. Notice how it feels now compared to how it felt before. Now that it's had a chance to be heard, how does it feel different?"

"Great. Thank you."

"I'm really curious, in general, when are you at your best? In other words when do you feel the most powerful, passionate, alive version of you?" (We want them to be aware of when they are at their best because truly, most people often forget! This will remind and inspire change after the session and in the coming weeks and months.)

"So what might you need to let go of in order to align with (the desired state)?"

"Thank you. And what else might you need to let go of (if anything)?"

"And what MIGHT someone believe in order to have the experience that it's okay to _____ (insert their desired feelings/outcome)?"

"I see. So someone who wants to have the experience of (insert desired feeling/outcome), they would believe _____ (insert the beliefs that go along with desired state.) "And in contrast, what might someone believe about themselves in order to have the experience of _____ (the UNdesired state that they no longer want)?"

"I see. Thank you."

"You are doing so fantastic so far. I'd like to switch gears and do a different kind of exercise that will tie all of this together. Is that okay with you?"

"Excellent."

Fear - Anger - Request - Love Exercise (Scripted)

"It's called transforming anger into love. Now this will be very easy because you've already done the hard part." (Relaxes the client)

"This exercise has 4 parts: Anger, fear, request, love. I'm going to cue you with a sentence starter, I want you to repeat my words and then complete each sentence."

“So the first one is anger, we start with anger because behind all the judgments is usually a feeling of anger. Why? Because there’s usually something that we could be doing, we’re capable of doing and we’re not doing it.

So starting with anger, complete the following sentence as if your inner critic were talking to yourself at loud.

ANGER - I’m angry at you for...(Step Back)

Next is fear. Fear that something bad will happen if we don’t change

FEAR – If you don’t change, I’m afraid you will... (Step Back)

Next is the request - Some action no matter how small that moves towards change.

REQUEST—I recognize that you really want to live the best life ever. My request is that you let go of _____ so that I can _____. (Let Go)

LOVE – I love you! You deserve... (Say Yes To Self)

“That was so well done! Thank you for being willing to try that.

“Based on these new insights, which actions (no matter how small) are worth taking?”

“On a scale of 1-10 how committed are you to following through on this?”

(If it’s below a 10 ask, “What would have to be true for you to be committed at a level 10?)

“My clients find it really useful to have someone in their personal life (outside of our coaching sessions) that they declare their actions to. It seals in the accountability and motivation to follow through. Who will be your support system?”

“Great. And when will you have a chance to connect with him/her in the next 24 hours?”

How does it feel now that things have already started to shift?”

“Thank you for doing such an excellent job today.”

Bonus Coaching Tips:

Tip #1: ** Notice the clients breathing! These questions can be triggering, help maintain the safe container by simply taking a few deep, audible breaths. When the client hears you breathing they will remember to breathe which will help their nervous system relax and allow them to access answers to the questions.

Tip #2: This exercise may feel uncomfortable at first. Stick with it and give yourself permission to do it imperfectly. If it feels clumsy at first, then you are making progress!

Tip #3: Everything that happens in the session is RIGHT.

Tip #4: If the client thinks they are just making it up, they ARE! Reassure them that its ALL made up and they are doing it exactly right.

Tip #5: Say “thank you” often! It encourages the client to continue to open up and that it is safe to do so in this very vulnerable process.

Tip #6: Frequently repeat back to the client what they just said - in their words, not paraphrasing. This helps them feel understood and builds trust to do the deeper work.

Bonus Resource:**Example Of The Fear - Anger - Request - Love Exercise****THE JUDGEMENTS:**

"You don't exercise enough."

"You're gaining too much weight."

"You're a fat slob."

"You need to cut down on fat, sugar and carbs."

TRANSFORMING JUDGMENT INTO LOVE:

ANGER: "I'm angry at you for not taking better care of your body. You are such a lazy slob! You have no self-discipline. When are you going to get it together?"

FEAR: "If you don't change I'm afraid you will keep gaining weight until you are facing a major health risk. If you keep this up you'll never fulfill your dream (or find a mate etc.)"

REQUEST: "I really want you to live the best life ever. My request is that you let go of trying to punish yourself into submission. Please get the support you need."

LOVE: "I love you. I want you to be around a long time. You deserve to look good, enjoy your body, and have fun getting dressed. I want you to have all your dreams come true. I want you to feel alive, inspired, and energized! I want you to love you."