



Clarifying Session Goals

WHY?

- Creates a clear focus for time together
- Shared intention increases clinical clarity
- Improves our chances of facilitating relief and resolution.





HOW?

Focus on Sphere
of Influence

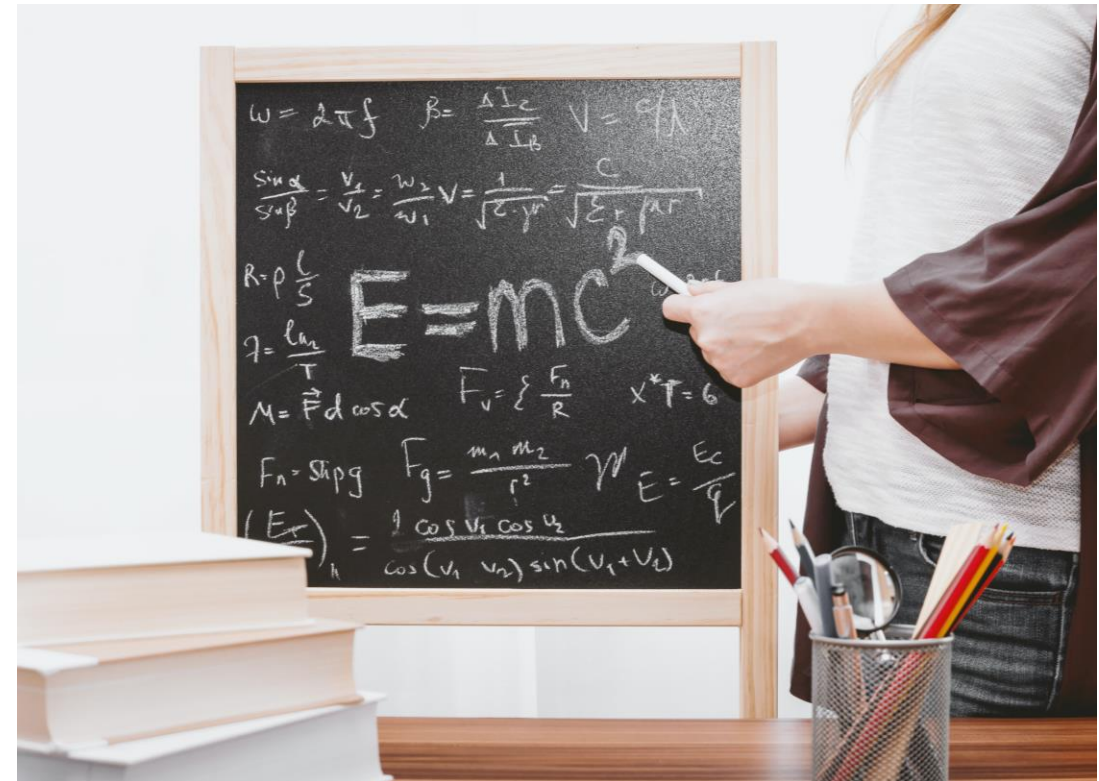
Be Curious

Get CLEAR

Simple Formula for Session Clarity



- Identify the **situation** for focus (i.e. problem, experience, belief or goal)
- How do you **feel** about that situation?
- How would you **rather feel**?





Magic Questions

What do you want to change?

How do you want to be different?



Magic Questions

If you could feel better about

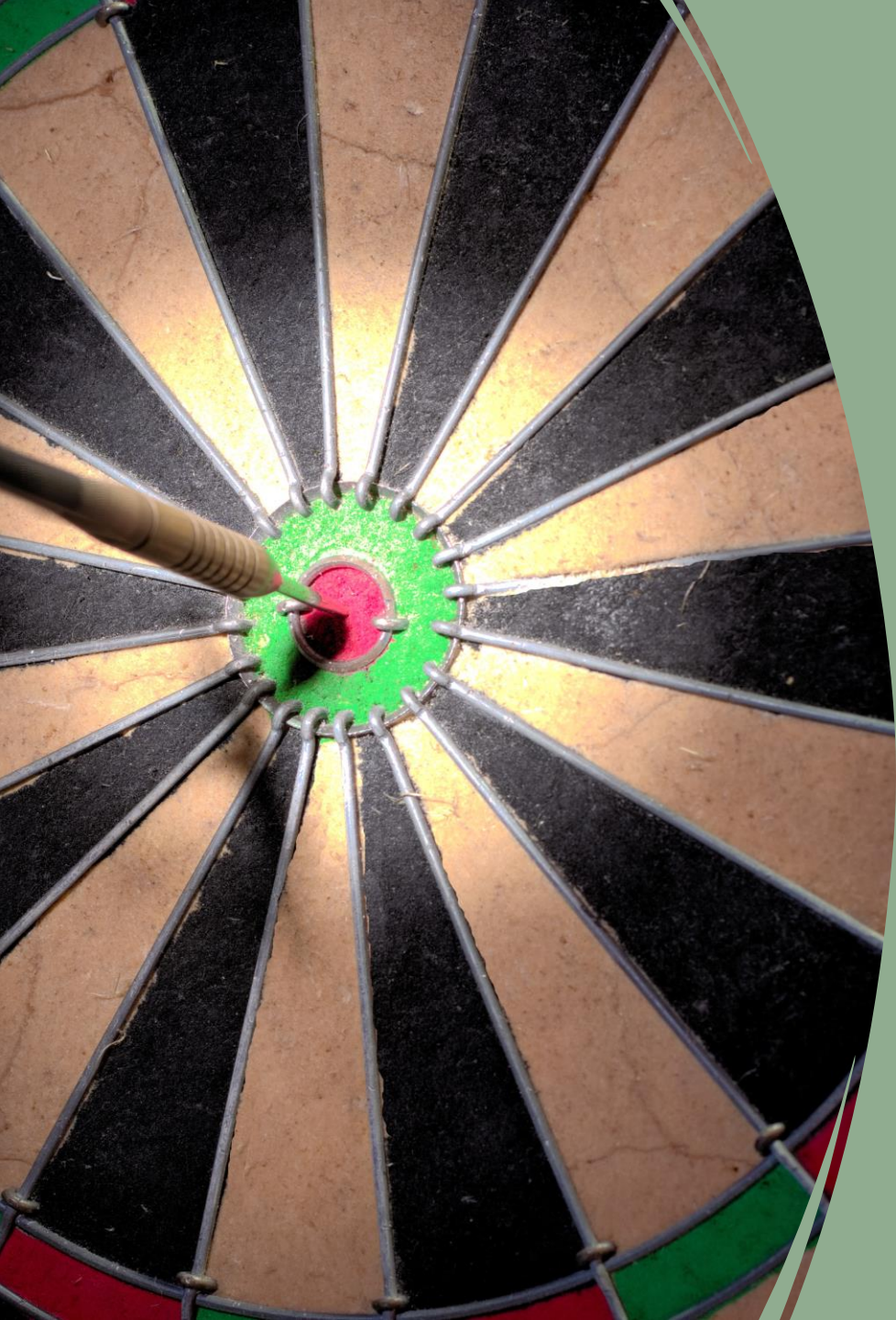
- ONE thing
- ONE situation
- ONE relationship,

what would that be?



Magic Questions

What would your nearest and dearest want you to address?



Narrow the Target

What behavioral change might we notice if we resolve this issue?



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