

WORK SHEET SESSION 3 – WHAT IS HOLDING YOU BACK?

Step 1: Walking meditation

Step 2: Whilst walking, recall most important insights of the previous session

Step 3: A structure of obstacles

- Ask your client all the possible reasons that prevent them from progressing in realising their wish.
- Let them build a structure of loose natural elements that represent those obstacles.
- The structure can be quite large and monstrous.

Step 4: Researching the structure

- Let the client explain what the different symbols represent.
- Invite to specify the answers. Like:
 - Can you give me an example?
 - What would you be doing exactly?
- Summarise all you've heard and explore priorly unmentioned details.
- Ask your client how it feels to look at the structure. Don't forget to allow some time here.

Step 5: What is the biggest obstacle?

Finalise the exercise with the following questions:

- Summarize all the insights.
- What is the biggest obstacle?
- Which fear is attached to it? What are you afraid of?

Step 6: Exploring the effects of the underlying fear

Discuss the consequence of the underlying fear, by for instance, asking the following questions (you can do this while walking if you like):

- This fear keeps you from being fully engaged in realising your wish. What are the consequences of this?
- How does this affect your behaviour? What does this make you do, or what does this prevent you from doing? What are you protecting?
- How does this affect your wellbeing, health, mood?
- In what way does this affect your relationships?
- Is the fear realistic?
- What could happen in the worst scenario?
- Can you bare that?
- And what would change if this fear didn't exist?

Finalise this step by letting the client summarise all the insights.

Step 7: Acknowledging and embracing the fear

- Ask your client to close their eyes and to slowly breathe in and out a few seconds
- Then ask: if you think about realising your wish. What's your deepest fear concerning this?
- Where can you feel it in your body?
- Ask the client to place their hand on that area and to allow it to be true: I am afraid of...
- Encourage them to keep breathing slowly.
- Give it back in your own words: so, I understand the you are deeply afraid of... And that you feel that in...
- Can you look at this fear with compassion?

Bring a sense of calm to your coaching here! Don't be afraid to allow for silent moments.

Step 8: Choosing clearly

- Ask: are you willing to not let yourself be numbed by this fear?
- When there's a clear YES you can move forward to the next exercise.

Step 9: Symbolic Act - The sword of the warrior

- Ask the client to repeat their wish once again
- Come standing on a path and let the client choose which direction points to the future and which which represents the past.
- Give back: So, there is a desire to... And there is a fear for... that prevents you from realising that desire.

- Suppose that the fear will still be there, but you will not be restrained by it.
- Which part of yourself will you then embrace with a full on YES?
- And to which behaviour, which protection mechanism are you going to say NO or STOP to?

- Show your client how the symbolic act works.
- Invite the client to make the same gesture (towards the future) where they say YES out loud while physically taking a step in the direction of their desire.

Attention: This is a ritual exercise, few words are needed here. Refrain from coaching here, instead, simply guide the ritual.

Step 10: Completing

Complete the session by summarising the most important insights from this entire session.

Notes