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| Therapist* What are some topics and/or experiences I avoid with this client?
* To what degree do I shy away from experiential work and talk about what’s comfortable?
* What do I do to avoid feeling uncomfortable in session? [Ex: over/under preparation, expert role (e.g., explain theory)]
* What have the consequences of these choices been?
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| Client |





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| Therapist* What thoughts do I struggle with when I’m with this client? [Ex: they’re “hopeless,” I’m not competent]
* What is typically going on in therapy when these thoughts come up?
* What do I believe must change before this client improves?
* When do I believe I know what’s “best” for this client (e.g., what they should do or not do)?
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| Client |





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| Therapist* When do I disengage or zone out during session with this client?
* When do I passively listen to the client or find myself waiting for the session to end?
* How might these moments affect this client?
* What might it look like if I could remain present during these moments? How might my presence be of service to this client?
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| Client |





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| Therapist* What stories do I tell about myself and about my client?
* How do these stories might affect our work together?
* How lightly do I hold these stories?
* How deeply do I feel this client’s suffering and understand their hopes and dreams?
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| Client |





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| Therapist* What qualities do I want to bring to sessions with this client?
* What comes up for me as I write down those words, as I claim this possibility?
* What might it mean both to me and to my client if I could act to further this value?
* To what extent am I the therapist I want to be with this client?
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| Client |





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| Therapist* What kind of actions would take me towards being the kind of therapist I want to be with this client?
* When do I notice myself turning away from these commitments?
* Can I gently return to them? What would that look like for me?
* To what extent do I find myself actively working toward the client’s goals?
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| Client |