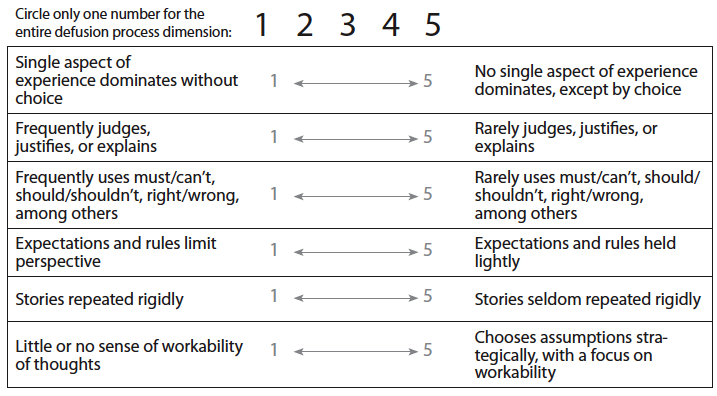


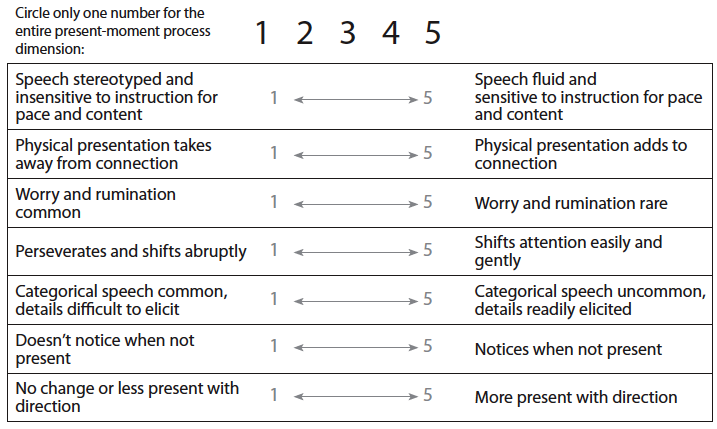
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| Therapist   * What are some topics and/or experiences I avoid with this client? * To what degree do I shy away from experiential work and talk about what’s comfortable? * What do I do to avoid feeling uncomfortable in session? [Ex: over/under preparation,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





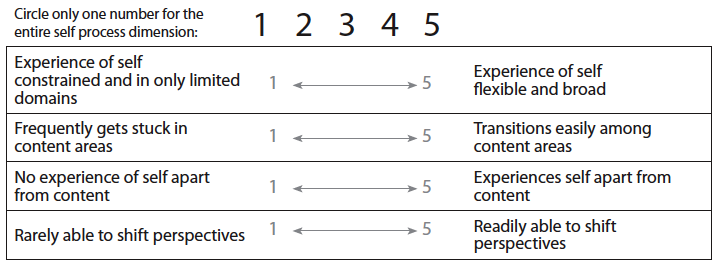
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| Therapist   * What thoughts do I struggle with when I’m with this client? [Ex: they’re “hopeless,” I’m not competent] * What is typically going on in therapy when these thoughts come up? * What do I believe must change before this client improves?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





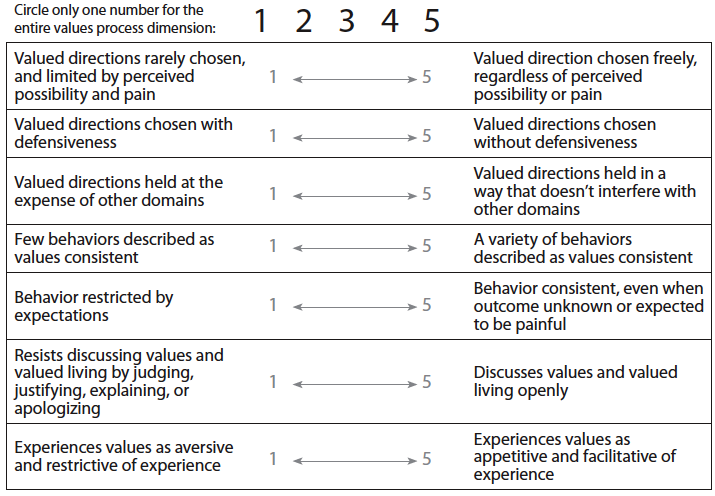
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| Therapist   * When do I disengage or zone out during session with this client? * When do I passively listen to the client or find myself waiting for the session to end? * How might these moments affect this client? * What might it look like if I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





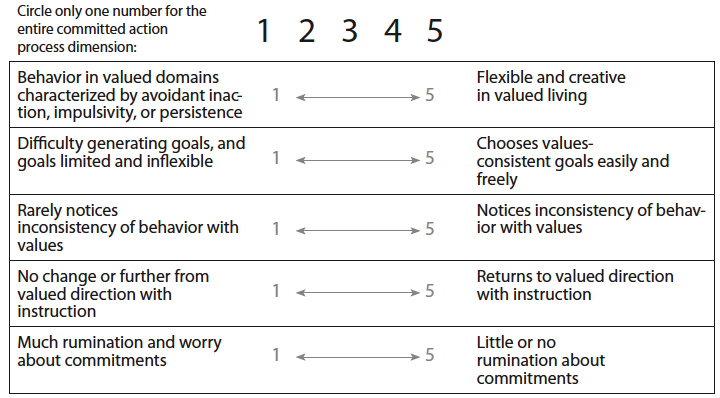
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| Therapist   * What stories do I tell about myself and about my client? * How do these stories might affect our work together? * How lightly do I hold these stories? * How deeply do I feel this client’s suffering and understand their hopes and dreams?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