

## Activity 3: Desired Outcomes and Evidence

- 1. Assess the degree of compatibility of the client's desired outcome with their evidence for the outcome happening.**
- 2. What are you using as criteria to assess compatibility?**
- 3. Decide where you would invite the client's attention to go, and with what question.**

### CLIENT A

And what would you like to have happen?

To be able to easily make decisions without endless analysis of options, and then take action without doubts or regrets

And how will you know when this happens?

I will accept the results, good, bad or indifferent, without endlessly questioning other possible outcomes or beating myself up for maybe making the wrong decision. I will stop endlessly doing all sorts of analysis, start to enjoy the process, and just get on with it.

1.

2.

3.

### CLIENT B

And what would you like to have happen?

To feel confident I can handle the bumps and challenges in life and break free from this cycle.

And how will you know when this happens?

I'll be able to deal with the situation at work, being able to handle conflict that pertains to me. I'll feel safe and not feel threatened. I'll have a sustained sense of wellbeing. I'll no longer feel afraid of failure and enjoy the successes I have when they come along. Instead I'll be able to take on personal challenges without screwing myself up inside before or during the experience.

1.

2.

3.

### **CLIENT C**

And what would you like to have happen?

I would like to have self worth and value myself.

And how will you know when this happens?

I will weigh ten and a half stones, drink alcohol only occasionally and be wearing new clothes.

**1.**

**2.**

**3.**

### **CLIENT D**

And what would you like to have happen?

To work with my feeling around loss and bereavement and holding back.

And how will you know when this happens?

I think that a lot of the core sadness that I have felt for most of my life will lift and I will express myself and my feelings more spontaneously.

**1.**

**2.**

**3.**

### **CLIENT E**

And what would you like to have happen?

I would like to feel confident in my relationship with John and not feel like ending the relationship because of low self esteem.

And how will you know when this happens?

John and I will be married.

**1.**

**2.**

**3.**