

Session #8 Outline

Use this template and the attached client handout to help your client discover WHAT WANTS TO BE NOURISHED in his/her life.

1. What's Going Well

Continue the ritual of beginning your sessions by focusing on what's going well.

2. Challenges/Coaching Around Obstacles

Check in about action steps from last session. Coach on challenges if necessary.

Optional Coaching Question Sequence:

1. Gently ask, "What stopped you or got in the way of following through?"
2. "What needs to shift so you are set up for success this week?"
3. Sometimes we're trying to take on too much because we want results fast. Sometimes this is effective and sometimes it backfires. Just to make sure you are set up to win this week, what is the minimum follow-through that you can pleurably commit to that would have you feel really, really good?"
4. "How will you feel when you do follow through with that?"
5. What if anything might you have to let go of this week in order to manifest this result?"

3. New Information: What Wants To Be Nourished.

COACH: "Ready for something new?"

CLIENT: (responds)

COACH: "We have talked a lot about food already and I'd like to take this a step further. First, what is the purpose of eating healthy food? The purpose is to give us energy and health so that we can enjoy the rest of our life. Wouldn't you agree?"

CLIENT: (responds)

COACH: "And yet, sometimes we get confused about this. Me included. One of the reasons I got into this work was the realization that I had been using food to numb out, escape or self soothe when I was dissatisfied with other areas of my life. It became a compulsion. I wasn't actually hungry for food, but I couldn't stop eating. Have you ever turned to food even though you weren't physically hungry?"

CLIENT: (responds)

COACH: “Almost every human I have talked to about this has at some point self-medicated with food, meaning they were searching for something to be fulfilled and trying to fill that void or emptiness or anxiousness with food. Does it satisfy that feeling of wanting something? What happens?”

CLIENT: (responds)

COACH: “It might work for some temporarily because it numbs us out. But usually it leaves us still wanting. Often it’s some part of us that wants to be more expressed, but feels suppressed. It’s a sign that something is wanting our attention. Perhaps we’re working too much and creativity has been put on hold. Perhaps we’ve been home-bodily too much and we’re wanting more social time with friends. But instead of recognizing the message in this “hunger” we only seem to recognize the feelings of dissatisfaction or anxiety and quickly turn to food to medicate ourselves. This is a compulsion.

Here’s the thing... There is a gift in this compulsion! Any compulsion we have is a powerful healing opportunity. It is the body trying to communicate a need or desire, usually some place in our lives where we are under expressed. The body pretty much tells us at all times exactly what we need. This is our innate wisdom. We just have forgotten how to listen for what we really want in that moment. So anytime we are feeling anxious, bored, depressed, frustrated, or anytime we are feeling bad about ourselves, or judging our bodies, or even feeling pain and we’re reaching for food to self-medicate, it’s time to step back and listen.

Underneath that hunger is usually some area of our life where we’d like to be more expressed or devote more time and energy. Does this make sense? What is resonating with you so far?

CLIENT: (responds)

COACH: “What I’d like to do with you is to decode that body wisdom together. So I’m curious, what is one area of your body where you store excess weight or pain that you would like to shift?”

CLIENT: (responds)

COACH: “Thank you. So this is an opportunity to get really curious about what your body is trying to tell you. Many people have judgment or criticize themselves about these kinds of things. We stand in front of the mirror and inspect our flaws. We punish ourselves with deprivation or militant exercise. That doesn’t work. It’s like waging war against yourself. Nobody wins that way.

Think of pain you have in the body or excess weight; Is there an area of the body for you, that you judge as having excess?”

CLIENT: (responds)

COACH: “Okay. So this may seem like a weird question, but it’s important to notice where we store judgment because in a moment we’re going to transform that

judgment with a new perspective. So here's my question, do you ever find yourself inspecting or criticizing [insert parts clients mentioned]?"

CLIENT: (responds)

COACH: "And what is it that you say to yourself when you see it bigger than you want to be seeing it?"

CLIENT: (responds with what Inner Critic voice says)

COACH: "Okay. Thank you for sharing that. Instead of loathing our bodies or being mad at our bodies for being overweight or in pain, I want to invite you into a new perspective, a new way to think about pain, or a new way to think about excess weight.

Think of any time that you're noticing [insert client response], and instead of criticizing it, think of it as potential energy. Or if you're noticing pain in the body, think of it as potential energy.

So it's no longer this place that takes you into the dark. It actually brings you into the light of things.

- Physiologically, it's stored energy.
- Psychologically, it's stored personal power.
- It's potential energy for creation.
- It's potential energy for self-expression.
- Its life process that's been put on hold – emotions, the digesting of past experience, undelivered communication, undone actions wanting to happen...
- Un-owned Power - potential for claiming your gifts, your beauty, goodness, successes...

This is such a different perspective than we are used to, and it is so much more empowering! I know this is kind of a radically new perspective, I'm curious how this lands for you?"

CLIENT: (responds)

4. Experiential Exercise Related To Content: The Wheel of Life

COACH: "So I want to switch gears and do some of that decoding that I was talking about earlier. Let's do an exercise to find out what wants to be nourished in you. This exercise is going to help us find - where is the potential for greater self-expression that wants to be released?"

I sent you a handout, do you have that? It's called "The Wheel of Life".

[Here's how to complete the Wheel of Life exercise with your client:

- Have the client complete the wheel of life according to the directions on the handout.

- Discuss which 1-2 areas are most calling for attention.
- Ask:
 - “How might you integrate more of that in your life?”
 - “What will having more attention on that do for you?”
 - “Are there any resources or support that you need to be fully nourished in this area?”
- Create action steps around the client’s response.]

5. Action Steps

1. Action Steps from Wheel of Life exercise.
2. Remind your client of any previous action you would like them to continue or up level.

6. Aha’s, Appreciations, Insights About This Session

Remind the client that session #9 is next week.