

Session #5 Outline

Use this template and the client handout to help your client understand and deal productively with SELF-SABOTAGE.

6-Part Session Structure/Overview At-A-Glance:

1. What's Going Well
2. Challenges and Coaching Around Obstacles: Sabotage
3. New Information: NONE
4. Experiential Exercise: Mirror
5. Action Steps
6. Aha's, Appreciations, and Insights

1. What's Going Well

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

2. Challenges/ coaching around obstacles

Coach on challenges if necessary, which is HIGHLY LIKELY since this is the time in your program where clients will self-sabotage.

Most of Session #5 will occur in this step, as you're coaching more deeply into the client's challenges using the sequences below.

Sabotage Scenario #1: Something Else Always Seems More Important

COACH: "Okay, so there you are about to _____ (put on your shoes and go to yoga), what stops you from following through?"

(Client answers)

COACH: "So you're about to _____ and what your brain loads up is "__(insert story)____" ("I should just keep working, I need to make dinner for the family, maybe I should clean my office instead, it's raining, maybe I'll just stretch here.")"

(Client confirms or elaborates)

COACH: "This is so perfect! I'm so glad we get to talk about this because this is where transformation really happens. We bring to light the places where we previously would get stuck or derailed. The key to shifting this is actually really simple. I created a handout specifically for this and I'd like to invite you to read it out loud."

(Ask client to read handout out loud. Discuss different ways the client recognizes their sabotaging patterns and that the key is to take 100% responsibility for our actions and how our life turns out. Also discuss how this is liberating and empowering! We are in control of our own health destiny!)

Sabotage Scenario #2: Desiring Acceptance

Client: (Tells story – might sound like this --) “I went to dinner at my aunt’s house and she made my favorite mashed potatoes. I didn’t want to eat them and she kept asking what kind of diet I was on and how I was withering away. It was awkward. I finally gave in and ate some mashed potatoes. I felt sick even while I was eating them but I couldn’t stop.”

COACH: “Good! Thank you for sharing this. I’m so glad this happened because it gives us a chance to see how sabotage shows up in your life. It can show up in many ways. I actually created a handout for you. (Here it is) or (I just emailed it to you). Would you read it out loud for me?”

(Client reads.)

COACH: Thoughts?

(Client answers)

COACH: “Good. Thank you for sharing that. So let’s go a little deeper. Looking back at your 90-day goals, what you want is _____. So I wonder... what are all the good reasons for getting what you want?” (Client answers. If he or she gets stuck, start them off with a few.)

COACH: “Excellent. And now I wonder what are all the “bad” reasons for getting what you want?”

(Client answers. If she has trouble coming up with bad reasons, gently tell her that we always get what we want when there are more good reasons than bad, so there must be a few bad reasons that we haven’t named yet.)

COACH: “Sometimes there are more bad reasons that we don’t immediately recognize. I wonder who else might be affected negatively if you change and get the results you want or if you followed through in this way?”

(Client answers.)

COACH: “Exactly! And who else?”

(Client answers.)

COACH: “Is it possible that keeping the weight on has had a positive intention for you? We might even say it’s been an elegantly functional strategy all these years for generating love and belonging.”

(Client answers, something like: Hmmm... Interesting, I never thought of it that way.)

COACH: “If it’s actually been a key part of how you bond with [insert name of people who might be affected], then it makes sense for your body to hold on to the weight, stop you from exercising or doing anything that would help you lose weight because underlying all this is the possibility of growing apart or no longer belonging with someone who is important to you. Does that make sense?”

(Client answers.)

COACH: “Let’s start by thanking that part of you that’s been managing this for so long. Imagine that some part of you was put on the job to make sure that you felt safe and that you belonged. Belonging simply means “to be the same as” - when we keep a lot of excess weight on, we can ask the question who or what am I wanting to belong with by keeping this weight on? There is a part of you that is responsible for ensuring that. Let’s notice that part of you has done an excellent job!

So go ahead and thank that part of you for giving you this method for connecting with [insert name of people who might be affected].

Good. Now connect with that part of you inside that has been afraid to change. Gently explain to that part of you that there are some exciting new developments happening, that we’re upgrading all the software in the operating system called your body. Let those parts know that we know they have a positive intention of creating connection, love and belonging. We want to preserve that positive intention while updating the methods used to carry out that intention.

The old ways of doing things like bingeing or skipping yoga or negative self-talk or eating foods that don’t taste good worked in the past, and that way of being is no longer necessary. And not to worry, we have a plan in place to make a smooth transition to the new habits. Very soon, these new habits will feel easy and natural. Good. What is going on for you now?”

(Client responds – let her express her feelings.)

COACH: “Let’s put the conditions in place so in the future this scenario will be familiar but you’ll have tools to make a conscious, positive choice rather than a dysfunctional, destructive one. Picture yourself in the coming week (or in a similar situation in the future). The same situation occurs (you’re about to go to yoga etc.), what needs to be in place so you are set up for inevitable success?”

(Client answers)

COACH: “And if you followed through, what will having that do for you?”

(Client answers)

COACH: “Is there anyone else that might also benefit from you following through?”

(Client answers)

COACH: “So just to be clear, what needs to be in place is... and the benefit of that is... Which makes you feel... Which benefits (other important people in your life) because...”

(Client answers)

COACH: “Great! Now let’s shake out the heavy stuff, wiggle your shoulders, loosen your jaw... (make some goofy sounds) ... okay, let’s talk about action steps for this week.

Sabotage Scenario #3: “I’ve been good; I deserve a little extra.”

COACH: “Good! Thank you for sharing this. I’m so glad this happened because it gives us a chance to see how sabotage shows up in your life. It can show up in many ways. For some it shows up as fear of changing so much that we’ll grow apart from people we love. For others sabotage shows up when everything starts to feel a little “too good.” When we start feeling really good in ways that are unfamiliar sometimes our bodies freak out and want to get back to “normal” so we’ll give ourselves a little extra to bring ourselves back into balance.

What is the purpose of the compulsion to stay overweight or less than optimally healthy?

Let’s take a look at the handout I sent you called About Sabotage. (Here it is) or (I just emailed it to you). Would you read it out loud for me?”

(Client reads.)

COACH: Thoughts?

(Client answers)

COACH: “Good. Thank you for sharing that. Let’s go a little deeper. Looking back at your 90-day goals, what you want is _____. So I wonder... what are all the good reasons for getting what you want?” (Client answers. If he or she gets stuck, start them off with a few.)

COACH: “Excellent. And now I wonder what are all the “bad” reasons for getting what you want?”

(Client answers. If she has trouble coming up with bad reasons, gently tell her that we always get what we want when there are more good reasons than bad, so there must be a few bad reasons that we haven’t named yet. These are often unconscious reasons. Who or what would we no longer belong with if we got all our outcomes? Who would feel left behind or disempowered?)

COACH: “Sometimes there are more bad reasons that we don’t immediately recognize. I wonder who else might be affected negatively if you change and get the results you want or if you followed through in this way?”

(Client answers.)

COACH: “Exactly! And who else?”

(Client answers.)

COACH: “Can you see that keeping the weight on has had a positive intention for you. We might even say it’s been a functional strategy all these years.”

(Client answers, something like: Hmmm... Interesting, I never thought of it that way.)

COACH: “If it’s actually been a key part of how you bond with [insert name of people who might be affected], then it makes sense for your body to hold on to the weight, stop you from exercising or doing anything that would help you lose weight because underlying all this is the possibility of growing apart or no longer belonging with someone who is important to you! Does that make sense?”

(Client answers.)

COACH: “Let’s start by thanking that part of you that’s been managing this for so long. Imagine that some part of you was put on the job to make sure that you felt safe and that you belonged. Belonging simply means “to be the same as” - when we keep a lot of excess weight on, we can ask the question who or what am I wanting to belong with by keeping this weight on? There is a part of you that is responsible for ensuring that. Let’s notice that part of you has done an excellent job!

So go ahead and thank that part of you for giving you this method for connecting with [insert name of people who might be affected].

Good. Now connect with that part of you inside that has been afraid to change. Gently explain to that part of you that there are some exciting new developments happening, that we’re upgrading all the software in the operating system called your body. Let those parts know that we know they have a positive intention of creating connection, love and belonging. We want to preserve that positive intention while updating the methods used to carry out that intention.

The old ways of doing things like bingeing or skipping yoga or negative self-talk or eating foods that don’t taste good worked in the past, and that way of being is no longer necessary. And not to worry, we have a plan in place to make a smooth transition to the new habits. Very soon, these new habits will feel easy and natural. Good. What is going on for you now?”

(Client responds – let her express her feelings.)

COACH: “Let’s put the conditions in place so in the future this scenario will be familiar but you’ll have tools to make a conscious, positive choice rather than a dysfunctional, destructive one. Picture yourself in the coming week (or in a similar situation in the future). The same situation occurs (you’re about to go to yoga etc.), what needs to be in place so you are set up for inevitable success?”

(Client answers)

COACH: “And if you followed through, what will having that do for you?”

(Client answers)

COACH: “Is there anyone else that might also benefit from you following through?”

(Client answers)

COACH: “So just to be clear, what needs to be in place is... and the benefit of that is... Which makes you feel.... Which benefits (other important people in your life) because....”

(Client answers)

COACH: “Great! Now let’s shake out the heavy stuff, wiggle your shoulders, loosen your jaw... (make some goofy sounds)... okay, let’s talk about action steps for this week.

3. New Information: NONE

4. Experiential Exercise Related To Content: (Optional Mirror Exercise)

Do this in person, over the phone or assign it as homework. (See action steps below)

5. Action Steps

1. Go to the mirror, look closely at your face. Tell yourself “I love you” until you mean it.
2. Continue with previous action steps that could use attention and accountability.
3. Designate a “binge” day where the client eats a high energy breakfast but after that they can eat whatever they want guilt-free, stress-free. Relax, savor, and enjoy.

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

Remind the client that session #6 is next week.