

Session #6 Outline

Use this template and the attached client handout to help your client have fun BEING NAUGHTY.

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. Ask the client about the action steps from last session. Have they come across old sabotaging or destructive habits and, if so, what did they choose? Acknowledge how well they are doing making changes, and being curious.

2. Challenges/ coaching around obstacles

Coach on challenges if necessary. Guide them to approach any challenges with curiosity, not judgement!

You can simply say, "Isn't that interesting that you chose to binge on ice cream? I'm really curious, what might you have been seeking to fulfill or avoid?"

3. New Information: Rebellious Inner Child Syndrome

COACH: Today we're going to something really fun and playful. Sometimes self-sabotage simply means we need to be BAD.

BAD is an acronym that stands for:

B = break free from your routine

A = act naughty

D = do some fun crazy stuff!!

Sometimes we just want to be BAD. I like to call this Rebellious Inner Child Syndrome.

It's a way of rebelling against outside authority. Sometimes we just want to be bad or naughty. Most people don't like being told what to do so we have our own mechanisms in place to rebel. Some of these mechanisms may be outdated, dysfunctional or self-destructive. As a health conscious adult we may want to revise our strategy while still having the experience of being naughty.

When I was in high school my mom told me not to eat French Fries because I'd get fat. I wanted to prove to her that I was a Superhero and could eat anything I wanted; so I not only ate one container of French Fries I often ate two! Guess what, eventually I got chubby and I didn't like that. [Insert your own parallel story.]

It is natural that when we hear, "don't do that" or "don't eat that", we want to rebel. What age does that kind of behavior remind you of?

CLIENT: (responds)

COACH: Yes. Good. Now we are always all of our ages so sometimes we need to cater to the inner ___ year old. That's why in today's session we are going to laugh at ourselves and play!

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

Create a list of "bad" behaviors or activities that are not actually destructive to your health. I have a list of my favorite "naughty" things on this handout. (Give attached "Be Naughty Menu" to client)

1. Cut the "DO NOT REMOVE" tag from your mattress.
2. Have sex outside.
3. Give your kid a mo-hawk without telling your spouse.
4. Play hookie from everything-phone, work, email, making the bed...
5. Draw a mustache on a poster.
6. Go to the movies one hour early and sneak into the other theaters to watch the end of the other movies.
7. Wear a short skirt with no panties.
8. Go through the express lane at the grocery store with more than 10 items.
9. Offer a friend vanilla ice cream but instead give them a scoop of mashed potatoes on a cone.
10. Make up a personality and introduce yourself to a stranger without breaking character.
11. Try washing something that says "dry clean only" (be careful with this one-I have certainly gotten myself in trouble with this defiance!)
12. Prank call your mom.

OPTIONAL EXERCISE - PERSONAL NOURISHMENT MENU

* Use this if a client says "I can't stop eating! It's like I'm never satisfied!"

COACH: There you are about to go to the refrigerator or the cupboard for a snack, there's no judgment here, I want you to simply get curious, what are you feeling or what are you craving?

CLIENT: (responds)

COACH: Try filling in this statement: “I feel _____ because / when _____.” I want _____.”

CLIENT: (responds)

COACH: Good. Thank you for that. Now let’s find a way to get you what you want without self-destruction. I wonder, what are some non-edible nourishing ways to meet your emotional needs or cravings?

CLIENT: (responds)

COACH: Let’s create what I call a Nourishment Menu. This is a little different than the Be Naughty Menu because these are specifically fulfilling cravings for pleasure, relaxation, adventure and/or sweetness in your life. It starts with recognizing that you deserve to experience pleasure. You deserve to relax. You deserve to have adventures! You deserve sweetness.

Here are some things on my Personal Nourishment Menu...

(Share 2-3 with your client then have them brainstorm their own on the “My Personal Nourishment Menu” handout, attached):

- Massage
- Yoga
- Dance
- Sensual pleasure
- Shower
- Green drink
- Facial
- Flowers
- House cleaner
- Warm clothes out of the dryer
- Deep conversation

COACH: Now you have two supportive rather than destructive “menus” – one when your inner rebellious child is craving naughtiness, and the other when you are craving pleasure and satisfaction.

5. Action Steps

Add in new foods or introduce any other concepts and strategies you have related to your modality

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

Remind the client that session #7 is next week.