

Preparation Personalising Exercises

Ask her the following 3 questions:

1. Which 'fear' would you like to work on? (write this down at: fear/worry)
2. What is it that you want instead? What else do you want? Keep repeating this question until you have enough positive words/statement/ideas. (write all this down at: Positive Adjustment)
3. If you would have all of this, how would you feel? (write all this down at: Positive Adjustment)

Fear/worry:

Nr:

Positive adjustment:

Fear/worry:

Nr:

Positive adjustment:

Fear/worry:

Nr:

Positive adjustment: