**Session 3:**

**Focusing: Orientation – Where are you now? How did you get here? The power of the mind to create your life**

**Curiosity –** Beginner’s mind. Taking the approach of a child or beginner – being curious and learning without applying preconceived notions to the topic/conversation. Ask for clarity when the picture is out of focus. Do not fill in the details for yourself.

**Non Judgmental Awareness –** To be able to stand what you see – without deciding the “good”, “bad”, “right”, “wrong”, “should”, “must” or “ought” of it.

1. **Show scale on screen while Discussing Balance**

**Balance –** Why do we seek balance? The desire for balance, like the desire for safety and routine, is one of our “basic settings”. Balance allows us to live lives that feel comfortable, where our needs are met. We tend to overcompensate with one area of life when another is under delivering in the satisfaction department. Alternately, when one are of life is taking up too much of our attention, other areas tend to suffer.

**Focusing: (Spotlighting)** Showing up in the conversation in a way that shines a spotlight on one area of your work with the client. In the initial session(s), that area is defined by certain orientation questions:

Where are we now?

How did we get here?

To focus on this area –

* We need to be able to be directional in our questions – bringing the client back to the topic when they wander.
“A minute ago, we began to explore the present situation, what you are uncomfortable with right now – which is your difficulties at work.

I’m noticing that now you are shifting the conversation to some marital things your sister is going through that she has been unloading to you lately. I hear that you are concerned about being a good listener for her, and yet right now I am hoping we can focus on being good listeners for you. Can we get back to your work situation for a while?”

* We need to understand the power of the mind to create the life we live in each moment.

**Mindfulness – Experience the power of NOW**

 Non judgmentally and staying grounded in your present body/environment/conversation…

1. **(Mindfulness exercise)**

Exploring Present Discomfort – Tell me where it hurts..

1. **12 Areas of Balance**

**Exploring the Areas of Balance:** Finding out what is wrong in these areas can point us to possible goals for the client to pursue.

1. **Values**
2. **Cognitive Dissonance**

**Discussing Values/Goals and Cognitive Dissonance**

**Break**

1. **Wheel of Life Exercise**
2. **7 Layers Deep**

**Discovering the Ultimate Why – Seven Layers Deep / Root Cause Analysis**

**How did you get here?**

**Of meaning making and making a life –** your mind is a meaning making machine. What happens to you, what you go through, is far less important than the meaning you draw from it.

**“Your problem isn’t the problem. Your reaction is the problem.” – The Buddha**

**Beliefs/Identity – Thoughts – Emotions – Behaviors – Outcomes – Results:**

**Belief: “I am an independent woman, who makes her own decisions.”**

*(What happened: My date orders for me when the waiter comes to the table.)*

*(Meaning I made: He is trying to decide for me what I should eat. He is controlling me.)*

**Thought:** “I am capable of ordering for myself! He should not be taking the liberty of speaking for me.”

**Emotion:** Anger – one of my boundaries has been crossed. He has stomped into my territory!

**Behavior:** Immediately correct the waiter – “wait, I don’t want that. I want…” and then, once the waiter leaves… turn my attention to my date… seething….”What was THAT?” This is the 21st century, I am perfectly capable of ordering my own meal.”

**Outcome:**