



## Module 2: True-me® Method 1: Class #2

### UNDERSTANDING YOUR CLIENTS ISSUE

In this session, we are going to capture the \_\_\_\_\_ – as it is seemed by the client. What is bothering him/her, what he/she would like to change, resolve, release, during your coaching work with them.

We start our approach by trying to get a brief view of how the client sees his/her “\_\_\_\_\_”. It is expected that they will answer from their \_\_\_\_\_ mind. How they have \_\_\_\_\_ up to now what it is going on in their lives.

Nevertheless, as a coach, you want to go beyond the \_\_\_\_\_ structure of the mind and into the \_\_\_\_\_ structure. Thus, you will ask questions that will support your client in getting a new \_\_\_\_\_. The \_\_\_\_\_ of these questions is that they will \_\_\_\_\_ to you what is going on with the client, what is the pattern that he/she is \_\_\_\_\_ (usually unintentionally).



At the same time, you will ask questions about their background and the people in their environment when they were \_\_\_\_\_. Specifically, you will ask questions about their Father/Mother/Siblings. By doing that, you will be able to understand the major \_\_\_\_\_ that have shaped clients' \_\_\_\_\_ of life, and that are responsible for their \_\_\_\_\_ to date - to a great extent. What you are interested in is the \_\_\_\_\_ of the issue/problem, as well as the limiting \_\_\_\_\_ and the \_\_\_\_\_ that are attached to it.

## QUESTIONS TO UNDERSTAND THE PROBLEM OF YOUR CLIENT

1. Why are you \_\_\_\_\_? Why \_\_\_\_\_? Why \_\_\_\_\_?

2. How do you \_\_\_\_\_ you have this problem? Or How is that a \_\_\_\_\_?

2.1 \_\_\_\_\_ do you do it? **Be specific** (person, situation, trigger etc.).

2.2. \_\_\_\_\_ do you do it?



2.3. When do you \_\_\_\_\_ do it?

2.4. \_\_\_\_\_ you do the problem \_\_\_\_\_?

3. In a 1-10 scale, where 1 is little and 10 is a lot, where do you \_\_\_\_\_ today you are, in relation with this problem?

4. How \_\_\_\_\_ have you had it?

4.1. Was there ever a time when you \_\_\_\_\_.

4.2. What have you done \_\_\_\_\_  
\_\_\_\_\_?

5. What \_\_\_\_\_ the first time you had this? What \_\_\_\_\_ where present?

5.1. What \_\_\_\_\_ have happened since then? What \_\_\_\_\_ were present?



**5.2.** In each of these events, what is the \_\_\_\_\_  
between the event and your \_\_\_\_\_ situation in life?

**6. Tell me about your parents: What is the \_\_\_\_\_ between this  
person \_\_\_\_\_ and your current situation?** (ask this question  
separately for each parent).

6.1. What was/is the \_\_\_\_\_ of these people (mother/father)  
\_\_\_\_\_ them?

6.2. Tell me about your siblings. What is the relationship between each  
person and your \_\_\_\_\_ situation?

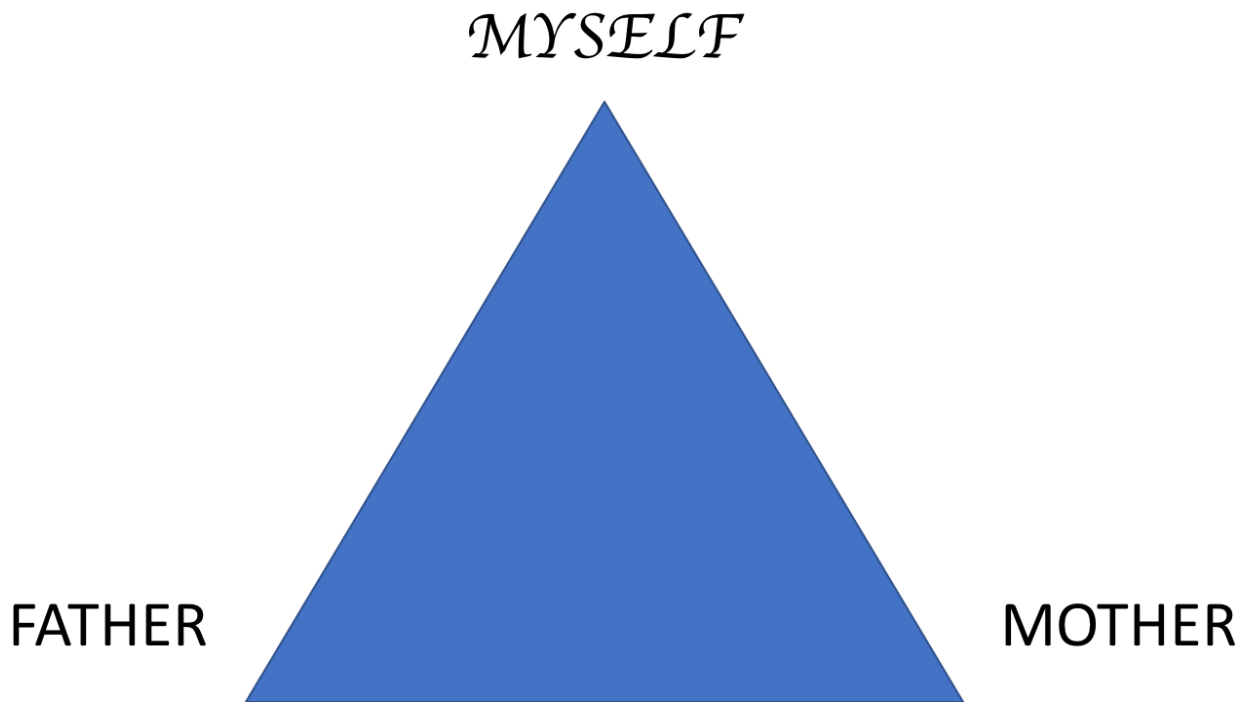
**7. Tell me about your \_\_\_\_\_ in relationship to this problem.**

7.1. In your \_\_\_\_\_, did you \_\_\_\_\_ anyone and  
you wanted to be like them?



## SHARING THE FIRST INSIGHTS

You will assist your client to create the triangle of personal \_\_\_\_\_



After collecting the above information, you will ask your client to draw a triangle in a blank page. At the top, you will ask the client to put his/her name, at the left corner the word “father” and at the “right corner the word “mother”. With the information you have gotten, on their father/mother (or closest people that participated in the upbringing) you will start creating the triangle \_\_\_\_\_.



At the Father-client side (left), you will ask your client to write down the few “titles” for the unpleasant behavior that he/she has \_\_\_\_\_ or \_\_\_\_\_ from the father. At the Mother-client side (right), you will ask your client to write down the few “titles” for the unpleasant behavior that he/she has \_\_\_\_\_ or \_\_\_\_\_ from the mother. At the bottom side, they will write down the titles given about the unpleasant mother-father \_\_\_\_\_.

By doing that, you will have provided the client with a \_\_\_\_\_ that will explain with great \_\_\_\_\_, the reasons of doing what he/she is doing. Knowing the WHY(s) of things is a great help to many people – realizing also how they have \_\_\_\_\_ to their own lives what they have \_\_\_\_\_ (consciously or unconsciously) is a \_\_\_\_\_ moment for them.

## THE TASK OF THE WEEK

Practice doing the above exercise either on yourself and/or to another colleagues. Record your learnings both ways.