

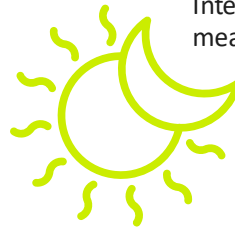
SQUARE ONE

SMALL INTERNAL
I don't know what's going on and that's ok

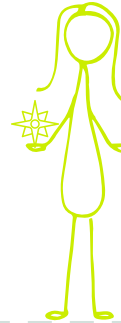


The Work
Loosen the grip of painful thoughts

Dream Analysis
Interpret symbolic meaning in dreams



Ideal Day
mine description for insight into deeper desires



SQUARE TWO

BIG INTERNAL
There are no rules and that's ok

Body Compass
Find reliable orientation from body sensations

ACT Tools
Create space between self and negative thoughts



GENERAL TOOLS

Area of Least Satisfaction
Discover what client wants to improve



4 Categories

| |
|---------------|
| Circumstances |
| Thoughts |
| Feelings |
| Behavior |



Powerful Questions
Encourage reflection and elaboration



5 Whys
Locate client's irrational convictions



Say More
Get more info (safe as a floaty)



Marmoset
Follow your curiosity

Turtle Step
Set somethings so small, you can't help but do it



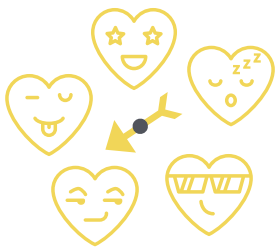
Lizard Thoughts
Painful thoughts from the reptilian brain



HAT
Test hunches + "tell me where I'm wrong"



Coffee Talk
Say the truth 1:1 like to a third party



Find The Feeling
Identify desired feeling in one area to seek in other areas



Conative Style
Understand your innate way of taking action

Living Space
Connect reality with a metaphorical house

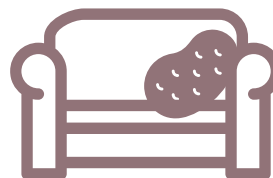


SQUARE FOUR

SMALL EXTERNAL
Change is happening and that's ok



WIGs
Unearth heartfelt big dreams



Metaphor
Remove emotional comparing issue to a metaphorical event

SQUARE THREE

BIG EXTERNAL
This is a lot harder than I expected and that's ok