

## **“The Answer”**

**In your office this can be a whole session.** Finding what is Over- and Under-developed. Corresponds with Character Type chart on page 8. This is to begin to get an idea of what the client does under stress and what resources are needed.

What are you most proud of?

What is difficult for you to do?

What do you do when under stress?

How do you handle extreme pressure?

How are you with deadlines?

How do you get your “way”?

Is it easy for you to say “no”?

Do you cry easily?

What do you do when you are upset?

Do you cry in front of others?

Would you call yourself a “rule follower”?

How do you deal with conflict?

In an emergency situation what are you likely to do?

Is it easy for you to ask for help?

Is it difficult for you to accept help?

How convincing are you?

What are you likely to do when someone tells you “no”?

How do you handle feedback or criticism?

**So it sounds like you are really good at \_\_\_\_\_ and it is harder for you to \_\_\_\_\_.**  
(leave room for feedback from client, allowing them to correct you or agree with you.)

**And I’m guessing that when we are processing and you get close to pain you might \_\_\_\_\_.**  
(again getting feedback from client, allowing them to correct you or agree with you.)

You are identifying the strength, what is over developed and what is under-developed. Then predict what might happen when the client gets close to pain.

**I wonder what support you would need to begin to develop \_\_\_\_\_** ( naming what is underdeveloped.. i.e. more of an ability to self-soothe) This becomes part of what you do in Phase 2, Preparation Phase.

