YOUR RAPPORT GUIDE

Name:_____

Start Date: _____ End Date:_____

A Positive Start CIC

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RAPPORT

Creating a harmonious relationship with self

Recognition

Recognising what & where the problems are.

Acceptance

'I am where I am' and that's okay!
'I approve of myself'

Process

Going backwards to go forwards. Dealing with the hurt

Practice

Unlearning Behaviours
Relearning & Doing the Work

Observation

Observing & monitoring behaviours, and language

Reflection & Renegotiation

What's working well, what needs more work, what can we do better differently?

Transformation

You are already well on your way to recovery









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Measuring Emotional Distress

to measure emotions and help us to recognise how upset or anxious we are feeling in the moment, we use a scale between 0 -10 called

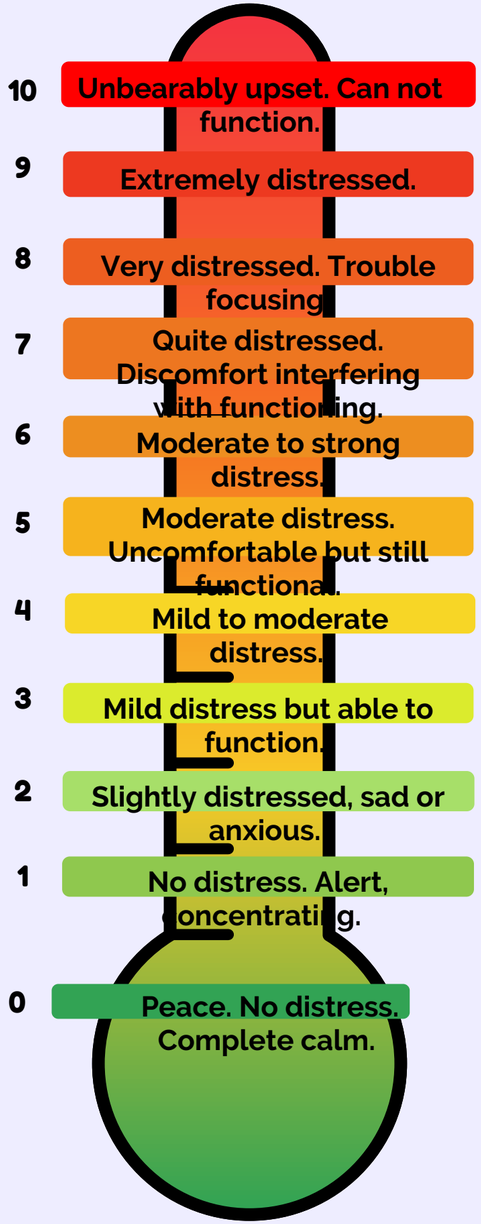
Subjective Units of Distress (SUD scale).

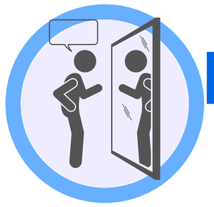
We use SUD levels in Emotional Freedom Technique (EFT) therapy, because it provides an immediate understanding of how distressed we are feeling, it easy to use and simple to understand.

throughout this Workbook you asked to give your emotions a SUD level using the SUD Scale shown in fig.1.

Try to get into the habit of measuring your emotions using the SUD level, and practice #SelfCare when the SUD raises between 2-4

fig.1. SUD SCALE





Recognition

Recognising the problems

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1. Name the Problem
2. Describe what this problem looks like?
3. Give it SUD Rating between 0-10
4. What led to this becoming a problem?
5. Who is affected by this problem?
6. What is the impact of the problem on you?
7. What is the impact of this problem on others?
8. How do you feel when you think about the impact in this present moment?
9. What do you feel when you think about this problem? Describe the feelings
10. Where in your body do you feel it?
11. Put your hand on it, give it a colour, give it a name, give it a shape
12. What fears are related to this problem?
13. Who is to blame for causing the problem? How certain are you of that? (0-100%)
14. Assuming you are in the right, what perspective might you see if you were in the wrong? Where are your blind spots relating to this problem?
15. How could changing your view of the problem change it?
16. How would you rather feel about this problem?

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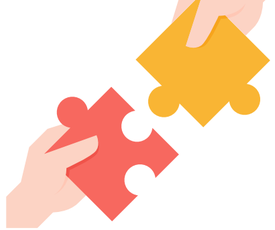
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Acceptance

I am where I am, and that is okay!s







1. Describe how you first became aware of the problem (Write it up in your journal)
2. Do you think your response is appropriate? balanced? fair?
3. In your view, what response would be less fair?
4. In your view, what response might be considered Fairer?
5. How beneficial is your response in solving the problem?
6. What purpose does your response serve?
7. What do you consider the difference to be between justification and moving goal posts, and acceptance?
8. Which best describes your behaviour? Justification or Acceptance?
9. What thoughts & feelings enter your mind & body when considering these questions? Do you feel a sense of relief or resistance?
10. For how long (mins/hours/days) did you replay thoughts relating to this problem?
11. How do you usually deal with painful thoughts and feelings relating to this kind of problem?
12. What is the whole TRUTH of the Matter?
13. Are you able to accept the truth of the matter?
14. How mightyou describe acceptance? / Resistance
15. If anything, what has changed about how you view this problem?
16. Give it a SUD rating between 0-10. How has the SUD changed and why?

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Process



Going backwards to move forwards





1. Sit with the feelings and feel them in your body
2. Rate the feelings between 0-10 (re: using the SUD level)
3. What do these feelings mean for you?
4. What beliefs do you have about this Problem ?
5. What fear is connected to the Problem - what are you afraid of?
6. How long have you been fearful about this?
7. Can you recall the first time you experienced these feelings?
8. What was the outcome of that experience?
9. What has experience taught you about this problem/situation?



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Practice

Unlearning, Relearning,
#DoingTheWork!

1. How often are you using the techniques you are being taught by your LEP/supporting therapist (Remember: nothing changes if nothing changes!)
2. Practice daily affirmations, (you didn't arrive here all at once - it takes time and practice to change long standing habits and rewire the neurons)
3. What stops you from practising self-care?
4. Being entirely honest with yourself, how many times a week do you commit to practicing self-care?
5. Create a self-care diary/planner with a list of self-care activities that bring you inner peace, calm and joy
6.

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Notes:

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Observation

Observing behaviours,& monitoring language

1. Pay attention and notice any changes in your thoughts and feelings
2. Make use of your journal by recording the changes
3. Notice any patterns in your behaviours; how you respond and why
4. Notice if and how people start to respond differently to you and your new approach
5. Notice any changes in your demeanour,
6. Pay attention to your attitude towards the problem, what if anything has changed?
7. Notice any changes towards certain people - (note any observations down in your journal)

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Notes:

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Reflection & Renegotiation

What's works well, what works better, what needs to change?

1. Take some time to reflect on the situation and your responses
2. Have you noticed any reoccurring themes or patterns of behaviour?
3. Describe the pattern - Does any part of it feel familiar?
4. What have you chosen intentionally and how much has occurred by Chance?
5. What could you have done differently to ensure a different outcome?
6. What blind-spots might exist in your thinking that led you to the same result?
7. What beliefs do you hold about this situation
8. What beliefs have you challenged?
9. Which tends to respond first? (Inner- Critic, Ego, True-Self?)
10. How do you know this?
11. If anything. What will you do differently next time?

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Notes:

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Transformation

You are well on your way

1. What has changed? (Write up the changes in your journal so you can map your progress when you look back on your journey)
2. What evidence supports your belief that change has occurred?
3. How have your experienced the changes?
4. How do you feel?
5. Where in your body do you feel the changes? describe the feeling, give it a name, colour, shape
6. How satisfied are you with the results? (if you are happy with the results, well done move on, if you are not happy - well done, follow the process again - Start by Recognising the problem....

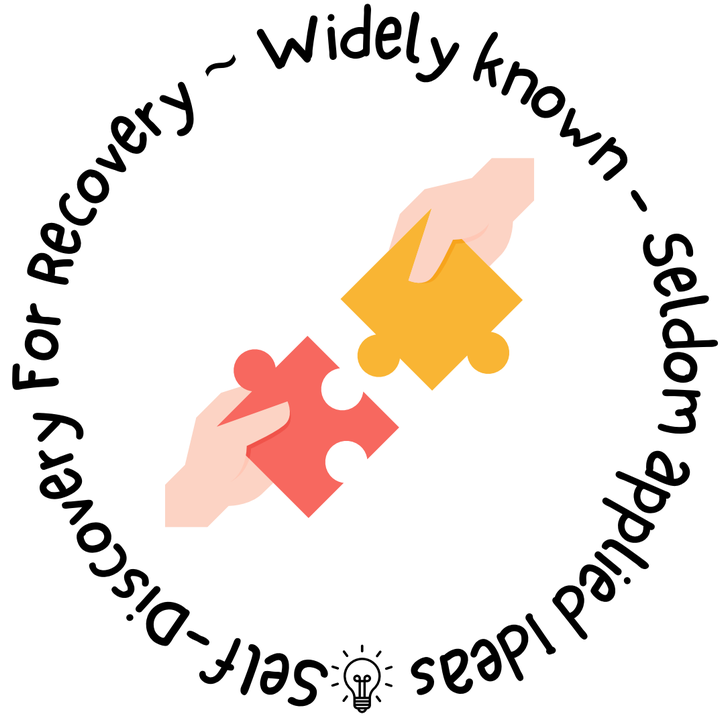
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