

Practice Session - Gathering Information in a Session

Practice three sessions between with your practice friend or other friends or family or co-workers.

1: Begin by introducing yourself.

2: Talk about how The One Command process makes real change.

3: Talk about being their guide and that you are responsible for delivering a great session and they are 100% responsible for getting value.

4: After your introduction and contract for a session ask you client:

What would you like to focus on in your Session?

Listen – reflect back

Take notes and write down their own words (you will use the clients words – not your interpretation because the subconscious reacts best to their own language)

Identify the theme (Every problem comes from an internal system of beliefs formed over time)

Talk about what is going on and what the client wants instead– about 20 - 30 minutes

Identify words and feelings from the conversation – such as,

“I feel powerless when men in authority speak loudly to me,”

or “My business goes up and down financially and my relationships do the same thing”

Calibration – calibrate how strong that negative feeling is on a scale of 0-10 with ten being the most negative.

Ask the client to close his or her eyes and ask, “When you have that negative limiting thought where do you feel it in your body?” **TAKE NOTES AS THEY REPORT TO YOU.**

When you think that thought what does that feel like in your body?

Practice Session - Gathering Information in a Session

–Hot, cold, tight, weight, pressure, constant or in a rhythm –
how big – bigger than your body?

–Assign a color to that feeling

–What internal words do you hear when you have that feeling

Look back, or move back or go back- to when you first had this similar feeling in your body or heard these same words and felt powerless when you were a child....

Empathetic reflection – (from the point of view of the coach) -
when I hear you tell me (XYZ) - *I feel* - state the emotion you feel: sad, angry, hurt, upset, scared, fearful in my body. How has having this belief and feeling affected you throughout your life?

Listen reflect back what you heard.

What would you like instead?

Form the command(s) and state them out loud to the client. Does this sound like what you want instead? (Work with the client to get the right wording).

Go through the six steps and Command for the change.

Recalibrate 0- 10 NOW 10 is the MOST POSITIVE

Future Pace

–Imagine yourself 6 months from now – or a year from now looking back at yourself. What do you perceive?

–For deeper change you can command for 3 things you'd like to know or have in the future.

What to expect after the session

Sometimes you feel like sleeping

Sometimes more emotions come up spontaneously

Sometimes you feel extremely good and powerful

Ask for feedback from your client during these practice sessions.