

Therapeutic Technique: The Perspective of your LIFE

Purpose: To help your clients identify areas of their life that are influencing the quality of it, as well as identify areas that need to be strengthened, dismissed, and/or left to the status quo.

What you will need:

- A. A writing surface, such as a sheet of paper or a drawing app (there are a bunch of free ones) on a large screen smartphone or tablet
- B. Colored markers or pencils. You will need to change the colors of the drawing, or text if using a smartphone or tablet app

How to do it:

1. Get a writing surface, a sheet of paper or writing app that the client can write down aspects of his/her life and what's going on within it.
 - a. He or she is encouraged to not edit their thoughts.
2. Using colored markers, pencils, multicolored text on smartphone or tablet, etc. ask your client to circle different aspects of his/her life using the various colors. Let your client decide what colors represent what aspects, for example:
 - a. **Red** is for passion/romantic
 - b. **Green** is areas of growth or to strengthen
 - c. **Blue** areas are not as important, lukewarm, or status quo
 - d. **Brown** for areas to let go of or dismiss

3. Take a screenshot if using a smartphone or tablet or a picture of the writing surface and date it.
4. Look to see if there is more than one color for any aspect. Did he/she circle their spouse with **Red** and **Brown**, for example. Look for conflicting information, areas left out that are being addressed in treatment. Are there aspects he/she is not seeing that impact his/her life?
5. Now process the responses that are passionate, need growth, lukewarm, to be dismissed, etc. Some helpful questions:
 - a. What is it about _____ that you would like to see removed from your life?
 - b. How would making _____ more passionate impact your life?
 - c. You marked _____ as lukewarm/status quo, do you want it stay that way?
 - d. You identified _____ as something you want to dismiss or remove from your life, how could you go about doing that?
6. Now rebuild their life perspective. Remove or cut out the **Brown** parts to be dismissed. Make what **Red** and/or **Green** larger, recolor what was **Blue** another color or leave the same (depending on what he/she wants to do with it). Ask your client to reassess his/her perspective of LIFE. Sample questions:
 - a. How would your life be different?
 - b. Would your life be more enjoyable?
 - c. Would this make it easier to overcome obstacles?
 - d. What can you do to accentuate or diminish aspects of your life?
 - e. How will you know you are on the right course or have achieved it?

7. You can revisit and redo this exercise as treatment progresses to see if the areas grew, goals were achieved, if some were not dismissed, etc.

In order to do things differently, you have to see things differently.