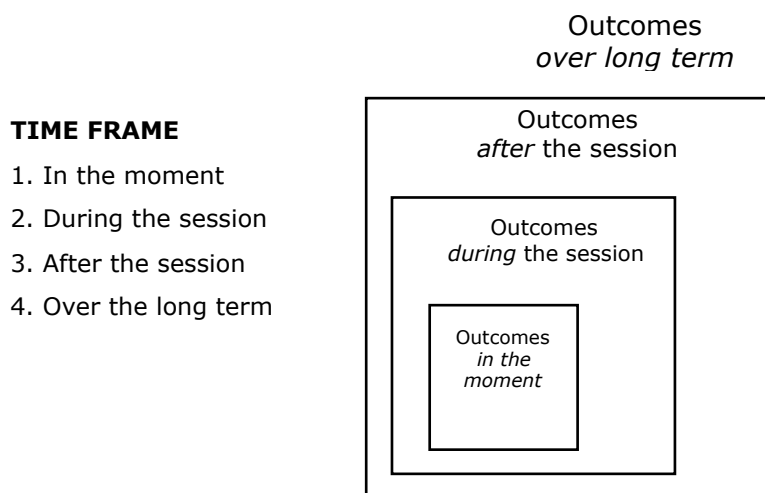


Activity 1: Modelling the timeframes of desired outcomes



Match the statements below to the *earliest* the outcome timeframe (1 - 4):

Timeframe
Ref. No.

- a. I want to figure out what is the important thing to work on.
- b. I want to feel ok on Sunday.
- c. I want to explore the idea of having more joy.
- d. I want to develop my spirituality.
- e. I need you to help me learn how to hold myself together.
- f. I would like to see myself in a new light.
- g. I want to feel safe out in the world.
- h. I'd like to have stronger boundaries with my family.