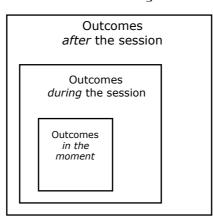
Activity 1: Modelling the timeframes of desired outcomes

Outcomes over long term

TIME FRAME

- 1. In the moment
- 2. During the session
- 3. After the session
- 4. Over the long term



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.

Its about time: Modelling frames of desire July 9, 2016