

An Experiential Approach to Change

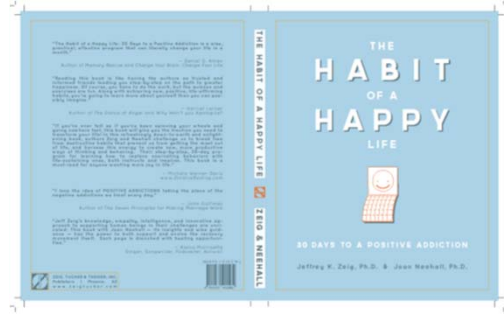


Lead by:
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Burlingame, California | December 6 - 9, 2018

Book reference



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I KNOW I CAN....

List *only in the affirmative* (i.e., suspend any objections) and provide five answers, using complete sentences.

"I know that I can (will) accomplish _____
"X" _____
because _____."



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Revise the list by reorganizing your answers and moving them to the correct category on the lists to follow



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I KNOW I CAN....

List *only in the affirmative* (i.e., suspend any objections) and provide five answers, using complete sentences.

Level One Responses: Motivations (Your reasons and needs for wanting to accomplish ___ X _____.)

"I know that I can (will) accomplish _____ X _____ because _____." (List motivations—reasons why)



I KNOW I CAN....

Level Two Responses: Facts (Things you know in the world—and in your world.)

"I know that I can (will) accomplish _____ X _____ because:" _____ (list one fact per sentence.)

Write five sentences.



I KNOW I CAN....

Level Three Responses: Resources--personal strengths and qualities; skills.

"I know that I can (will) accomplish _____ because I am _____"

Write five sentences.



I KNOW I CAN....

Level Four Responses: Resources--personal history

"I know that I can accomplish _____ because I have done difficult things before, including _____"

Write five sentences.



I KNOW I CAN....

Level Five Reponses: Resources-social and contextual.

"I know that I can (will) accomplish _____
because I have these people in my life, and access to
these situations/contexts in my life including
_____."

Write five sentences.



I KNOW I CAN....

Detail only in the affirmative (suspend objections) five in each category:

"I know that I can (will) accomplish _____
because _____."

1. *Motivations* (Your reasons and needs for wanting to accomplish _____.)
2. *Facts* (Things you know in yourself and in the world.)
3. *Resources--personal strengths*: "I know that I can accomplish _____ because I am _____."
4. *Resources- personal history*: "I know that I can accomplish _____ because I have done difficult things before, including _____."
5. *Resources-social*: "I know that I can accomplish _____ because I have these people, and access to these situations/contexts including _____."



I KNOW I CAN....

Detail only in the affirmative (suspend objections) five or six in each category:

"I know that I can (will) accomplish _____ because _____."

1. *Motivations* (Your reasons/needs for wanting to accomplish _____.)
2. *Facts* (Things you know in yourself and in the world.)
3. *Resources--personal strengths*: "I know that I can accomplish _____ because I am _____."
4. *Resources--personal belief*: "I know that I can accomplish _____ because I believe _____."
5. *Resources--values*: "I know that I can accomplish _____ because I value _____."
6. *Resources- personal history*: "I know that I can accomplish _____ because I have done difficult things before, including _____."
7. *Resources--acquired personal skills*: "I know that I can accomplish _____ because I have learned how to _____."
8. *Resources-social*: "I know that I can accomplish _____ because I have these people who can help _____ by _____."
9. *Resources-Second person*: "My spouse/family members/friends know that I can accomplish _____ because _____."
10. *Resources-Third person*: "Any stranger knows that I can accomplish _____ because _____."
11. *Resources-Higher Power*: God knows that I can accomplish _____ because _____."
12. *Resources-Contextual*: "I know that I can accomplish _____ because I have access to these situations/contexts including _____."



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