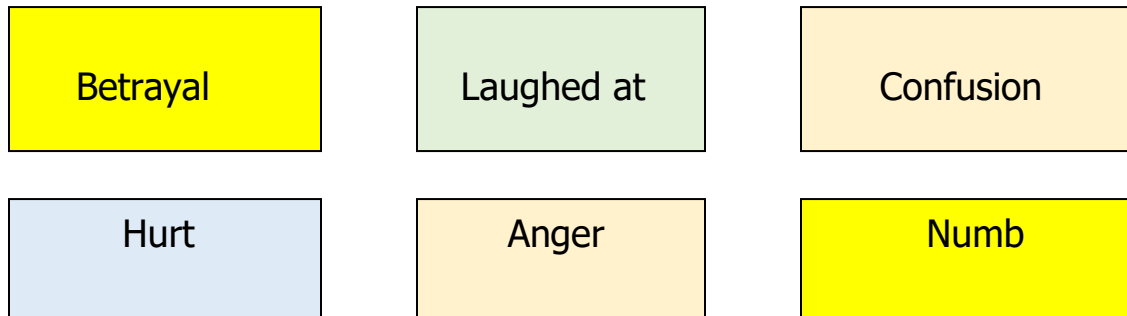


Using Paper Sheets

Example

A 30 year old man has just found out his wife has left him and gone to live with his best friend from work.



1. In discussion with him, label and write on paper the significant events and feelings and spread these on the floor around him – i.e. Externalize the situation.
2. Now concentrate on each one in turn and explore aspects of them by asking questions like :
 - How did this occur?
 - When did it occur?
 - Has this feeling happened before?
 - What is the worst part of this?
 - What came just before this?
 - What came just after this?
 - When this feeling takes over how does it affect you?
 - What is the history of this feeling in the relationship?
 - What have you found that helps this feeling?
 - When you feel like this what are you thinking?
 - What do you want to do when you feel like this?
 - What action, if any, needs to be taken?
3. Having got a mixture of feelings, ask the client which one is closest to you right now and ask the client how close to put it to them. Move that paper and put the other feelings also the right distance from them. Ask "do any of these feelings interact with each other". "What do you usually do when these feelings get closer like this?" What would you prefer to do? Let's brainstorm and practice some other strategies.
4. Using A3 paper, tear or cut the paper to match the size of the emotion that is nearest to the client.