

How will I?

Sometimes a client may feel the emphasis of any therapy, (whether counselling, life coaching, or hypnotherapy), is about 'understanding' the problem or issue, and 'why' the client has the issue. Understanding 'why' is of course extremely important – it is the first step to creating change. However, if thought and energy are not combined to create an 'action', or series of actions, (which could be changes in verbal behaviour, which are actions), then a client can feel stuck with the knowledge regarding the issue – but unable or unclear as to what actions to actually take. This is why 'How will I?' is an extremely important question.

Research also shows that when a client writes down actions – or uses another person, such as a Coach or Counsellor, to record and measure changes – these changes are more likely to stick. This is why, for example, friends choose to work out together in the gym – and gym's encourage 'buddying up', because they know a person is more likely to stick at a regime and continue gym membership if they involve a buddy, or personal trainer.

Therefore, a particularly helpful strategy is (after the 'why' work), to establish clearly what conscious actions you will be taking. Following the statement of your goals, it would also be helpful to set a time framework in which to establish new habits and behaviours.

Finally, when you know what your conscious habit changes are – you can use Hypnotherapy to explore and diffuse any subconscious blocks – so that there are no inner conflicts about what it is you wish to achieve.

Below is an example of a form I may use with a client, prior to Hypnotherapy, to help clarify 'how will I?' change habits. The form below is specific to Dieting, but we would work together to individualise a plan of action and support that plan.

How Will I?

On (day and date), in preparation for further change, I contract with myself to start making changes to my diet, using small and manageable steps. I will do this by taking the following initial steps.

This week I will shop on (name day) When I shop, I will shop from (name shop) I will pre-plan meals for days ahead. I can therefore plan sensible choices as follows:-

.....

.....
I will allow myself the following treats only:

.....
I will change the geography of how I eat by (write in any physical changes to chairs/tables/view of tv's etc, as well as plate size, which may help if applicable).....
.....

If I find myself eating too quickly, I will use the following strategies to slow myself down.

- 1)
- 2)
- 3)

If I experience cravings for more treats in the evening, I will support myself to adopt new habits by (here, list specific steps, Think through your strategies in advance, in your own words such things as specific distractions, walks, parking it and addressing later, sitting in different location, is the TV implicated, buying chewing gum in advance etc.)

- 1).....
- 2).....

If (testing event)

Then (I will).....

If

Then

If

Then.....

The next day, I will positively acknowledge the steps I took and express my satisfaction with myself by giving myself (praise/a new experience/a learning experience

etc.)

.....

.....

Remember to make these steps manageable. Use the form as much as you need. Pre-planning shopping, eating, and coping strategies. If you slip one day – beware the ‘might as well go to hell in a handcart response’, pause, and merely get back to small steps again.