



Preparing Yourself to Have a Difficult Conversation With a Client

1. Let go of any feelings you have towards a person that are not love.
2. Make sure you're offering something rather than trying to get something (what would you be unconsciously trying to get?)
3. Be prepared to get rejected and for them to not like or love you.

Tips for Giving It

Genuinely ask questions about what you perceive with the knowledge and wisdom that you might be wrong in your perception.

"I may be off base, but do you think x might be happening?"

"Check and see if x is happening for you. It may or may not be."

"Have you noticed if what you're going through/feeling/noticing within or without is a recurring experience?"

"Are there other areas of your life where you've had a similar experience?"

"Are you tired of it?"

"Is it working for you, or against you?"

When to Deliver Tough Love

In the first conversation you have with someone to establish what it's like to work with you.

When you've seen their pattern.

When they are wanting to 'move on' to a 'new' problem, but you see they're using it as a diversion to stay stuck.

When you see them back out of their goals and intentions they came to you with in the first place.

When they're stuck in fear.

When they want to quit.

When they don't have confidence in themselves.