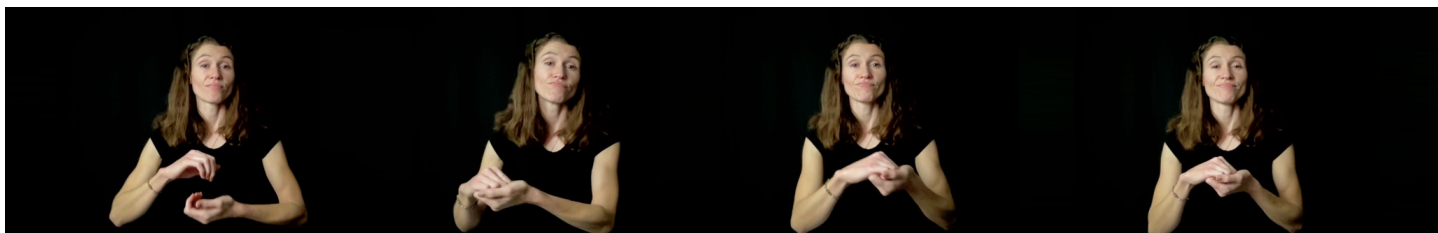




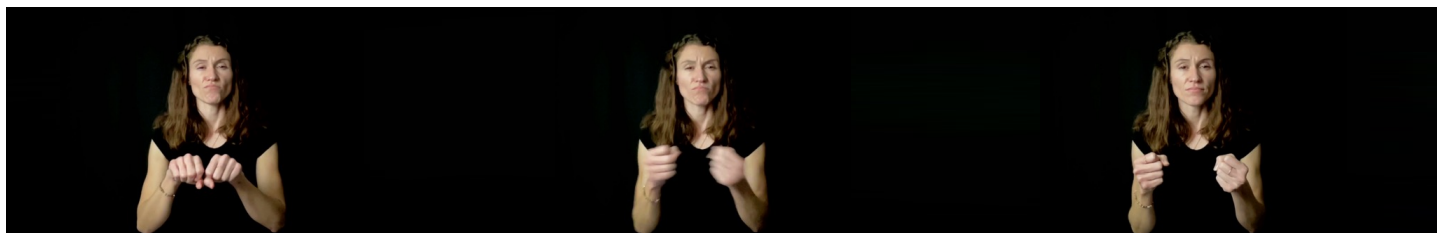
SIGNS TO TEACH DURING SESSION 1

(Therapeutic) Alliance: How would you describe our THERAPEUTIC ALLIANCE?



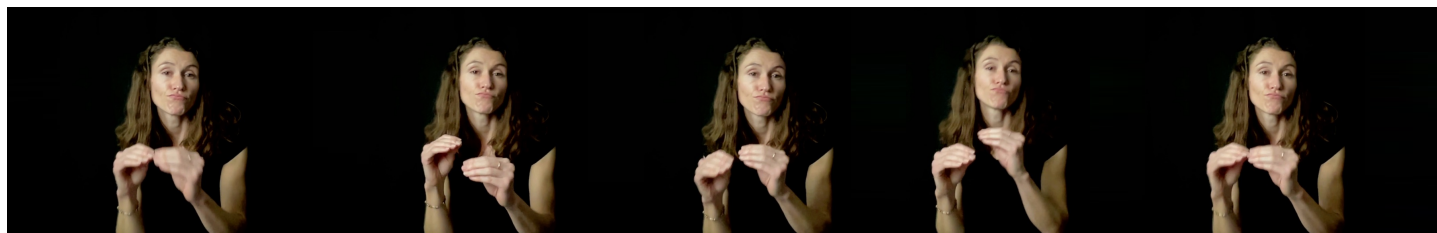
PRESENT

(Therapeutic) Rupture: What do you think could cause a RUPTURE between the two of us?



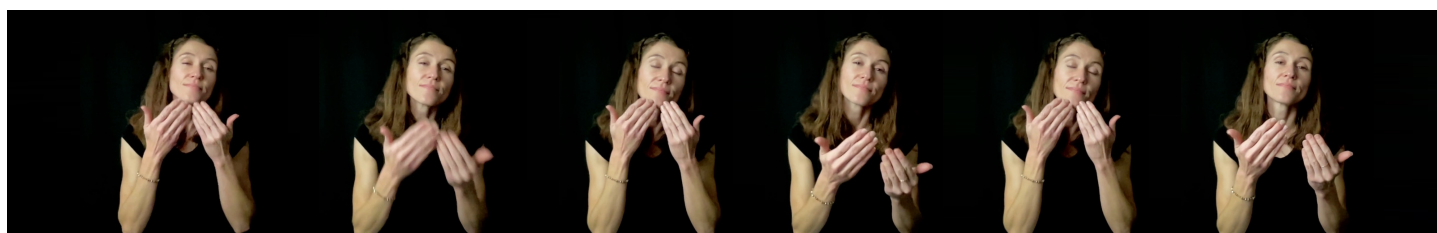
FUTURE

(Therapeutic) Repair: If I, as your therapist, cause a rupture, how could I best REPAIR it?



FUTURE

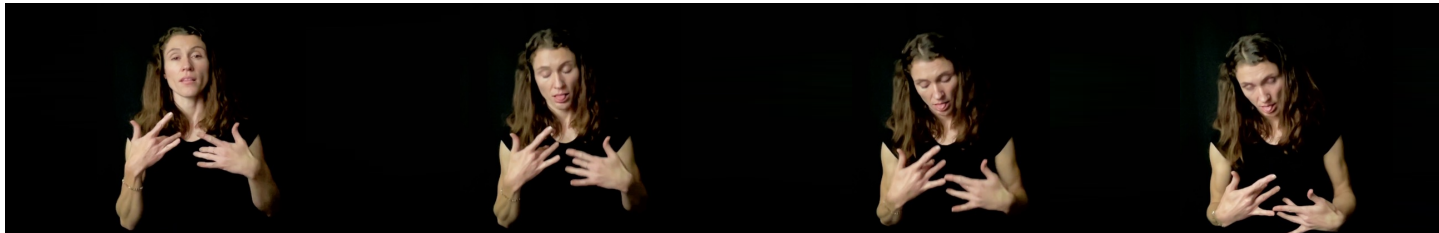
Gratitude: When can you imagine yourself feeling GRATITUDE this in the coming week?



FUTURE

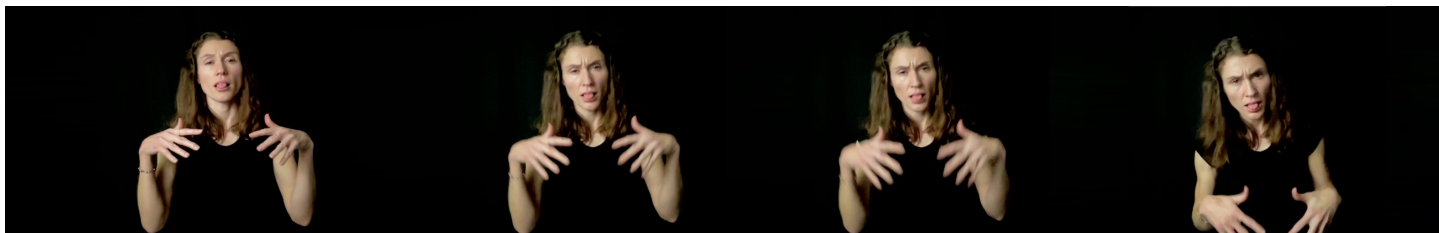
SIGNS TO TEACH DURING SESSION 2

Depressed: When have you felt DEPRESSED in the past few weeks?



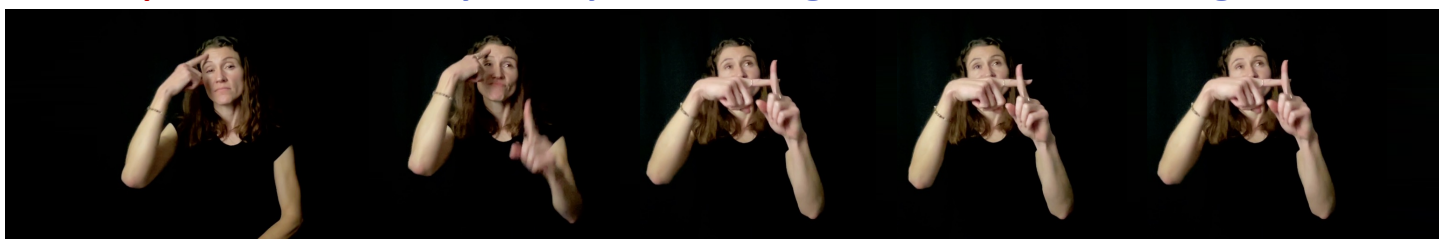
PAST

Helpless: When have you felt HELPLESS in the past few weeks?



PAST

Optimistic: When can you see yourself feeling OPTIMISTIC in the coming week?



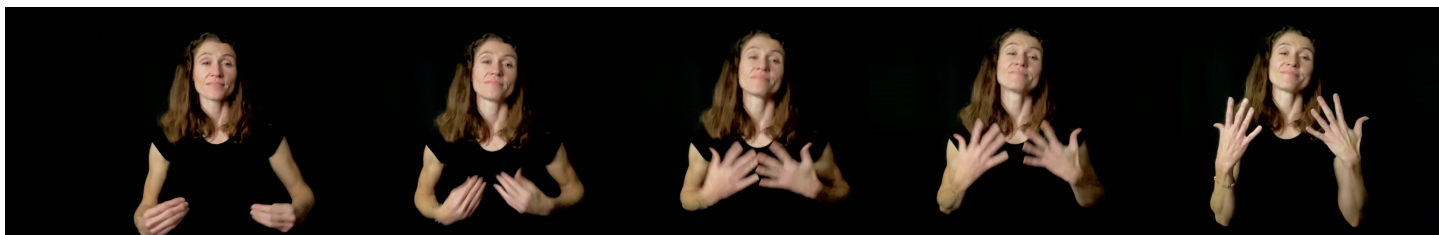
FUTURE

Purposeful: When can you see yourself feeling PURPOSEFUL in the coming week?



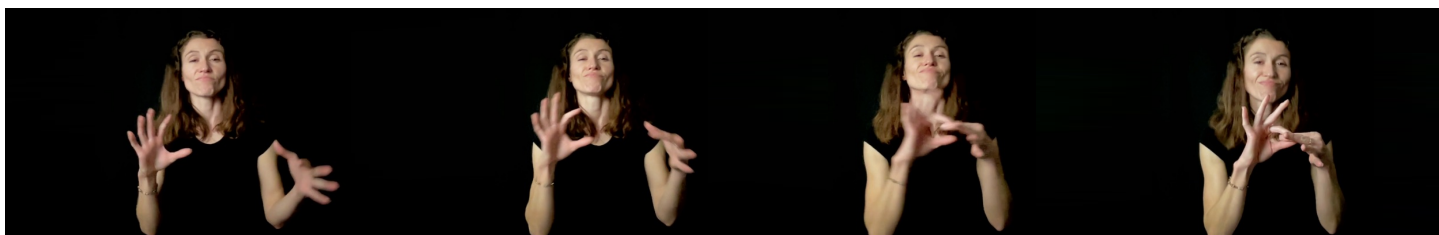
FUTURE

Inspired: When can you see yourself feeling INSPIRED in the coming week?



FUTURE

Connected: When can you see yourself feeling CONNECTED in the coming week?



FUTURE

SIGNS TO TEACH DURING SESSION 3

Pessimistic: When have you felt PESSIMISTIC in the past few weeks?



PAST

Overwhelmed: When have you felt OVERWHELMED in the past few weeks?



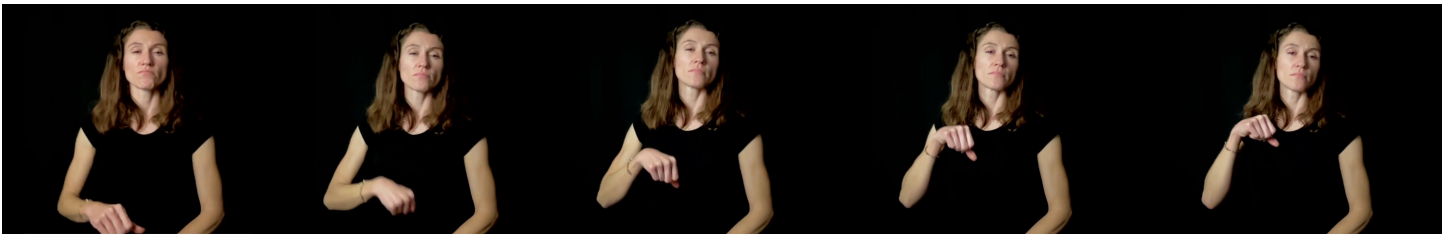
PAST

Resilient: When can you see yourself feeling RESILIENT in the coming week?



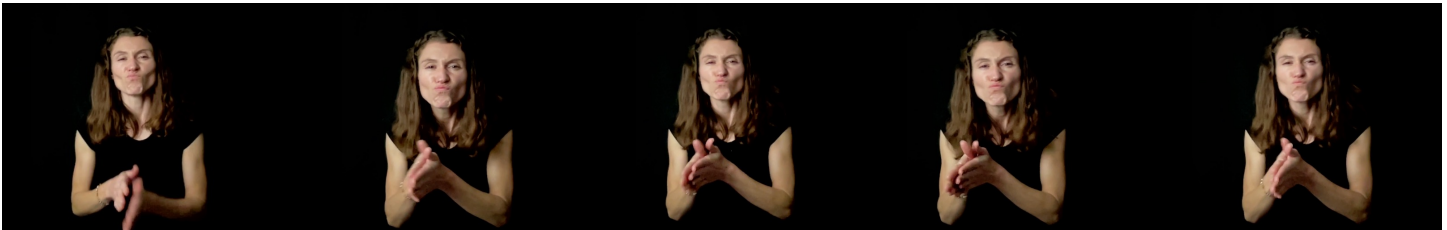
FUTURE

Proud: When can you see yourself feeling PROUD in the coming week?



FUTURE

Motivated: When can you see yourself feeling MOTIVATED in the coming week?



FUTURE

Loved: When can you see yourself feeling LOVED in the coming week?



FUTURE

SIGNS TO TEACH DURING SESSION 4

Anxious: When have you felt ANXIOUS in the past few weeks?



PAST

Resentful: When have you felt RESENTFUL in the past few weeks?



PAST

Strong: When can you see yourself feeling STRONG in the coming week?



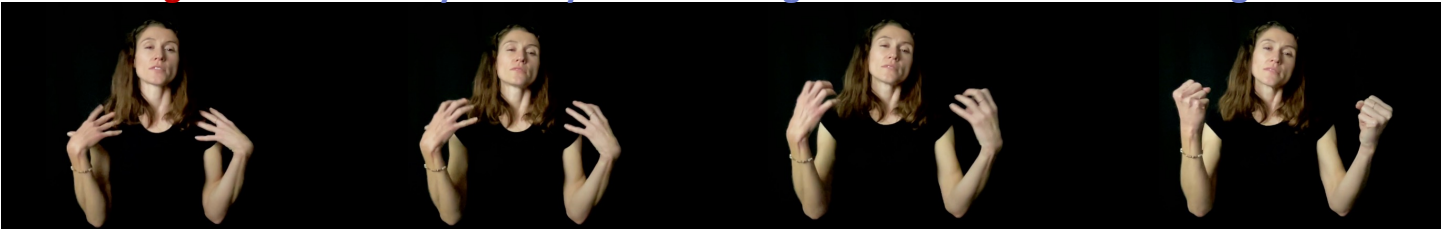
FUTURE

Inspired: When can you see yourself feeling INSPIRED in the coming week?



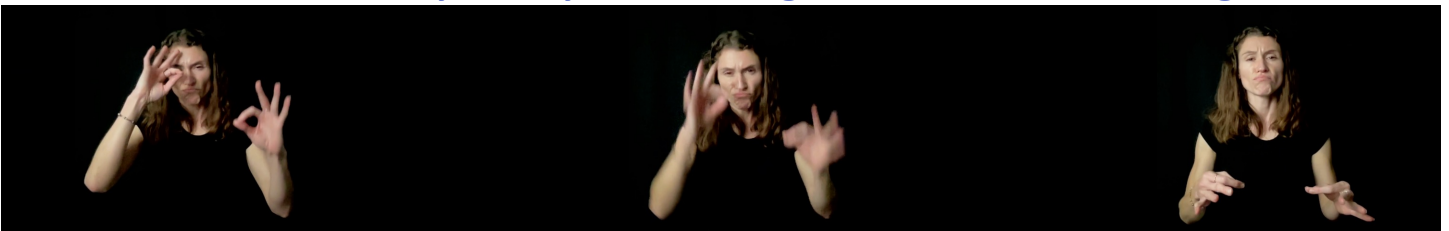
FUTURE

Courageous: When can you see yourself feeling COURAGEOUS in the coming week?



FUTURE

Determined: When can you see yourself feeling DETERMINED in the coming week?



FUTURE

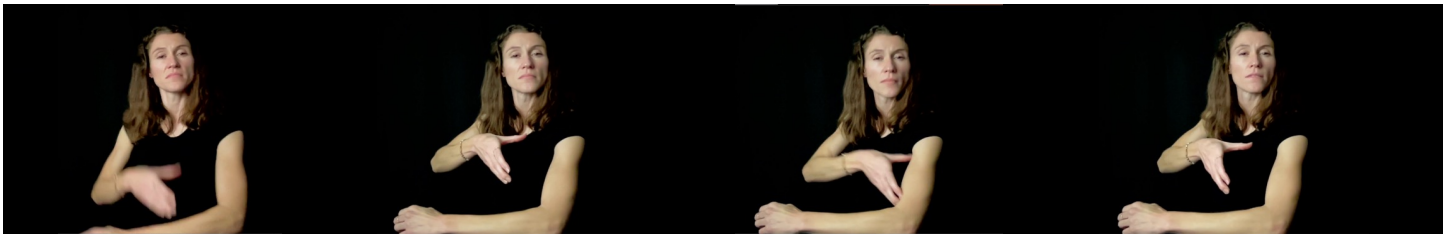
SIGNS TO TEACH DURING SESSION 5

Creative: When can you see yourself feeling CREATIVE in the coming week?



FUTURE

Powerful: When can you see yourself feeling POWERFUL in the coming week?



FUTURE

Hopeful: When can you see yourself feeling HOPEFUL in the coming week?



FUTURE

Happy: When can you see yourself feeling HAPPY in the coming week?



FUTURE

THE END! 😊