

# Journey to a more organized life

## Phase 1: After scheduling our first appointment

Feelings and results	What a client might say or think
Feeling: Relief	Help is on the way. I've taken the first step.
Feeling: Excitement	I'm finally getting started! Things are going to be different!
Results: Early mobilization	Now that I know help is on the way, I actually feel like I can get started and do some things on my own.

## Phase 2: First few appointments

Feelings and results	What a client might say or think
Result: Insight into self	I'm starting to understand how I got here. I have strengths and challenges. I can use my strengths and learn how to compensate for my challenges.
Result: Insight into obstacles	No wonder! That explains a lot!
Result: Normalizing	I'm not alone! Other people do this, too!
Result: Empowerment	I'm not unreasonable. It's OK for me to want this. My input is important. I'm an important part of this process.
Result: Education	Oh! So that's how it's done!
Result: A Defined Strategy	I have a plan.
Feeling: Relief	I'm finally getting started. Caroline is easy going. Caroline "gets me." I don't have to give up control. We're actually making progress. It's not so overwhelming. I'm not paralyzed anymore. I'm not just spinning my wheels any longer. I don't have to do this alone.
Feeling: Excitement	I'm learning new skills!

## Phase 3: After several appointments

Feelings and results	What a client might say or think
Result: Growing satisfaction	We're continuing to make progress.
Result: Growing competence	I know how this works, now.
Result: Growing collaboration	Caroline and I are a team. We work together.
Result: Growing confidence	I'm able to do more on my own.
Result: Growing excitement	I'm starting to see the goal in sight!
Result: Growing possibilities	This will make life different. There are different ways to accomplish my goals. I have resources.
Result: Growing understanding	Some of this is really hard. I may still need support for some things.
Result: Growing learning	I am still learning new things. I will always be learning.
Feeling: Less urgency	Caroline is my partner. Caroline keeps the process moving when I'm tempted to back off. I've taken off the edge. I can back off.

## Phase 4: Goals met/project completed to client satisfaction

Results	What a client might say or think
Result: Competence	I have learned new skills. I am capable.
Result: Confidence	I can manage this now. I have integrated a new way of being.
Result: Resiliency	I have options. I know how to find support when I need it.
Result: Freedom	I can get on with my life. I have new possibilities.