

Reader - Handout

Reader _____

Client _____

Neutral Observer _____

Tools Observed:

How did you experience Your Client? *These are a few ideas of what you may have observed to get you started - Did they: show upset, ask for advice, help you...*

What else did you observe? *(they coughed, laughed, cried, etc.)*

Your Observations of Your - SELF as the Reader:

What skill or skills appeared to come naturally to you?

What did you find yourself judging about yourself?

Were you able to say: that's interesting?

If how we relate to the issue is the issue, what are you really experiencing in this judgment?

Is there anything that you held back?

Did you get stuck? What was the feeling?

Were you able to use:

- ☐ Neutral Observer
- ☐ How I relate to the issue is the issue
- ☐ Diving under the wave
- ☐ Inquiry
- ☐ Buzzwords
- ☐ Give me 3 words that are coming forward (asking the client about a card)
- ☐ I'm feeling _____, is this feeling coming up for you?

Note: Did you attempt to process, or give advice? Which toolset did you use to bring the reading back?

What did YOU learn to support you going forward in YOUR own readings?

What else would you like to make note of?