

Coaching Scenarios

Relationship Coaching Every single person on this planet has a specific purpose (a final destination) that only he/she can fulfil. In order for that to become a reality, there must be a balance between the different areas that govern this destination. Relationships are one of those areas. This does not only involve relationships with other people but also the relationship you have with yourself. Below is an example of a hypothetical coaching session on possible relationship mindsets:

Current Reality	Desired Reality	The Destination
Bored in relationship	Recurring conflicts	Vulnerable to moods of partner
Resentment towards partner	No intimacy with partner	Understanding each other
Having fun together	Openness/ Transparency	Respect, Trust
Intimacy	The Map	What can you give me?
You don't satisfy my needs	The feelings are gone	I can't trust you?
What if you give what you demand?	And if love isn't a feeling?	Trust causes trustworthiness
Momentum	When one is irritated, we fight	The past comes up
What can you let go of?	How much commitment and responsibility do you show?	Consider the effect of forgiveness