

Exercise explore your basic assumptions (Primary Selves) as a professional

Make a list of all your assumptions regarding the following areas.

Physical Level	Primary	Disowned
<ul style="list-style-type: none"> - clothes - touching - your workspace, - your way of dressing, what kind of clothes do you consider professional - physical contact, do you shake hands, do you hug, do you keep your distance? - about money, how much is your time worth? 		

Emotional Level	Primary	Disowned
<ul style="list-style-type: none"> - helping - or not - happy - or not - does your client need to leave your session happier(or other) than before? 		

Rational Level	Primary	Disowned
Understanding – Do you need to understand what is going on? Explaining – Do you need to explain things?		

Spiritual Level	Primary	Disowned
– Alone – Asking for help – Praying		