

SELF 1 AND SELF 2



THE COACHING MASTERS

SELF 1 AND SELF 2

PURPOSE OF THE TOOL: Working with unconscious actions to bring actions to the conscious level. It helps the coachee to act and make conscious choices.:

SELF 1:

- Critical of self and others and judgmental
- Gives the commands
- Tries to control Self 2 and its behaviors
- It is the voice that speaks to us all the time.

SELF 2:

- Full of potential and infinite resources
- It is the one who listens to the Self 1
- Provider of our innate ability to learn and develop new things
- It's the Self we all cherished when we were kids

COACHING:

- 1) How do you talk to yourself?
- 2) How often do you criticize and judge yourself?
- 3) Where does this voice come from?
- 4) How does she know what she knows?
- 5) How could you challenge her?
- 6) What would you gain from it?
- 7) What price do you currently pay for not exercising control over this voice?

TASKS

What?

What do you believe you need to do from now on about your thoughts and behaviors?