



Sacred Depths

COACH CERTIFICATION

Journaling Case Studies Worksheet

Case Study #1

Working on setting boundaries. Client realizes she is a doormat in a lot of her relationships. She over-gives. She takes over-responsibility. She allows others to be critical of her and take advantage of her. You uncover that she has a fear of others being angry at her. And that there is a buried energy of the Warrior Woman lying dormant inside of her. Part of her homework is to set boundaries with her close friend, specifically no more lending her money that never gets paid back. The other boundary is with her parents: not calling them every day. She has decided she wants to set both these boundaries with confidence and love.

What are 2 or 3 journaling homework assignments you might give?

Case Study #2

In a session, your client shares that she hasn't done any of the action steps that the two of you strategized out the session before. She is working on her logo design business and you had strategized steps for her to take to bring on clients. This is the second session in a row that this has happened, and when you looked deeper together, you saw that a few things were at play: 1) she didn't quite have the time in her schedule to complete all the action steps (but definitely had time for some), and 2) she had some fear and resistance around being so visible. You did a Befriend Your Fear process around her fear of visibility and she connected deeply with a time when her first boyfriend made fun of her for wanting to become a famous artist. She was able to see that the perceived rejection from her boyfriend made her feel ashamed of her creativity and nervous to let others know that she wanted to make a business out of her creativity. The higher-level message that her fear ultimately gave her in the BYF process was - "Trust your Creatrix."

What are 2 or 3 journaling homework assignments you might give?

Case Study #3

Your client is ready to embark on a new passion project. You spent the session beginning to vision this passion project. She was not fully clear, but she came up with: Something that allows her to make an impact in the world of maternal care and childbirth. Something where she can use her brilliances of singing, writing, and connecting well with others. Part of what was blocking her clarity was needing it to marinate for a few days. But the other part is a fear of visibility which you uncovered. The fear that she'll be rejected or made fun of. Also, fear because what she believes in around childbirth is pretty controversial and she's scared of haters. You started to do a little inner work around this and got this far: The thought of being visible around all this makes her feel like when she was 8 years old and got cruelly made fun of for deciding to be a vegetarian.

What are 2 or 3 journaling homework assignments you might give?