

The Inner Freedom Method Play Sheet – Explore Inner Resistance

This Play Sheet is useful for taking notes about your player and the situation. It will help you get a picture of the game and identify areas to explore for inner resistance.

Name of the Game:	Areas of Inner Resistance What is not happening?
	Actions that you are NOT doing Resisting / Avoiding – Experiencing Overwhelm
	1)
Purpose of the Game – Why are you playing?	2)
	3)
	4)
	5)
Primary Objectives in the game?	6)
1)	
2)	
3)	
Actions of the Game	Acting through resistance – forcing yourself Mind Reacting – Experiencing Isolation
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	
Intended Results of the Actions	Results that are NOT happening Attempting Control – Experiencing Frustration
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	

How to use the Inner Freedom Method Play Sheet

Left Side – The Game

1) Name of the Game:

In the first box on the left write the name of the game

2) Purpose of the Game – Why are you playing?

Understand how this game connects to the players life

3) Primary Objectives in the game?

Three things they want to accomplish in the next 3 months. Make sure at least one is tangible. AND make sure these objectives are a BIG stretch for the player that will pull them out of their comfort zone.

4) Actions of the Game

Create a list if recurring actions; Actions that are important in the game on a daily basis. Especially find out actions that would be BIG even if they are not doing them right now.

5) Intended Results of the Game

For each recurring action, what does the player want to have happen when they do this activity.

Right Side - Areas of Inner Resistance - What is not happening?

This part of the play sheet is used as you get into the game and identify specifically what your player needs to focus on how to play better and get more consistent results.

6) Actions that you are NOT doing - Resisting / Avoiding – Experiencing Overwhelm

Ask your player which activities do they tend to resist or avoid

7) Acting through resistance – forcing yourself - Mind Reacting – Experiencing Isolation

Ask your players which activities they do only when they really FORCE themselves to do it. Or they do it typically after procrastinating.

8) Results that are NOT happening - Attempting Control – Experiencing Frustration

Here you will note the results that your player wants most to achieve BUT they are not happening often enough.