

# Inner Freedom Method™ Coaching Playbook

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## Coaching Outline for Session #2

Focus on step #0 find the critical moment and that leads to step #1. Also do a short version of steps 2, 3, and 9.

### 0) Explore for inner resistance

**ASK:** Are there any key actions that you are avoiding or resisting?

{Coach: Listen for hesitation and uncertainty}

**ASK:** Are there any actions that you take through great resistance?  
Where you really had to force yourself to do it?

{Coach: Listen carefully}.

**ASK:** What about results? Are there any key results that are not happening?  
Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

{Coach: Listen. This is often where you will find the struggle}

### 1) Replay the critical moment of choice

#### 1a) Choose The "moment" to focus on

**ASK:** What "moment" do you think we should focus on right now?

{Coach: just pick one that seems really important right now. }

#### Clarify the Action and Desired Result

**SAY:** OK let's make sure we are clear on what is happening and not happening.

**ASK:** The activity that you are struggling with is X?  
And when you do X (the action), what do you want to have happen?

{Coach: Listen!: It is important that you are both clear about the action and the intended results}

#### Find a RECENT moment to replay or FUTURE moment to pre-play

**ASK:** Can you recall a recent example of the action or a time when you were avoiding the action?

**if they cannot recall a specific example...**

**ASK:** or we can pre-play a future moment by simply visualizing yourself doing the activity.

#### 1b) Start the Replay Technique

**SAY:** we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, that is what we are going to do right now in your game. We are going to replay a recent moment of you playing your game and explore it for energy patterns.

#### Ensure a Safe Space

**ASK:** Are you in a place where you can safely close your eyes?  
**Assuming they say yes...**

#### Start the Visualization

**SAY:** close your eyes, breath naturally, and take a few moments to recreate the scene.

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**ASK:** *Can you describe the scene for me?*

**{Coach:** Listen carefully and get into the moment with them.  
Make sure you can “see” it with them based on what they are describing}

**\*\*\* Next we will expand Step # 2 Using judgment-free awareness**

## **2) Use judgment-free awareness to Scan for Thoughts and Inklings**

**SAY:** *Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.*

**SAY:** *It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

**ASK:** *Do you notice any thoughts going through your mind?  
What are they?*

**{just listen}**

**SAY:** *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

## **3) Feel the Energy in the Body**

**SAY:** *Now I want you to scan your body for physical sensations from the top of your head down to your waist.*

**ASK:** *What are you feeling in your body?*

**{Coach: wait patiently and then you can encourage them to check their gut, chest, throat...}...**

**ASK:** *Can you describe these sensations for me?*

**SAY:** *I acknowledge your courage for noticing and feeling these things!*

**ASK:** *Which sensation is the most intense?*

## **9) Create a NEW Picture**

**SAY:** *OK. Now we are going to create a new picture for you to live into for the next game.*

**SAY:** *Close your eyes again for a few moments.*

**SAY:** *Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.*

**{wait a few moments}**

**SAY:** *Now, see yourself getting the results you desire. See it turning out just right.*

**SAY:** *Open your eyes again and share with me a little bit of what you saw*

**{Listen as they share about the new picture}**

## **Conclusion) Create the NEW Game to play and journal**

**SAY:** *Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!*

**SAY:** *I have an important assignment for you:*

**SAY:** *We are going to create a new game for you to play this week.*

*As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:*

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- a) Actions that you KNOW would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of YOU or playing well  
Notice these thoughts while you are not playing too
- c) What is happening around you in the game - things happening and NOT happening
- d) Practice using judgment-free awareness whenever you can.

**SAY:** Ok, Let's create the game for the week

{Coach Note: Create a game for the next time period. Make sure it includes the activity that you just did the replay on.}

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