

Module Seven: Video Number 1:

Preamble to Using the RF Worksheet

Welcome to Module 7 which is where we get to do a worksheet together. And, this is Video 1.

Well, you really did great on the 3-Letters assignment, didn't you? I am so proud of you. Do you realize that you're now past the half way mark to becoming a Radical Forgiveness Coach? Aren't you excited? I am because I know you're going to be great.

Actually, you've done most of the hard stuff already. The rest is putting it all into practice which is going to be a lot more fun, I think.

We spent a long time on the 5-Stages, didn't we? That's because as I said back then, once you have those under your belt you've basically got the Radical Forgiveness Process nailed down.

The next five modules are going to be fairly short because we are going to see how the 5-Stages are interwoven throughout the Radical Forgiveness Worksheet. In this module, we'll cover items 1 to 4 on the worksheet, which basically covers Stages 1 and 2, Telling the Story and Feeling the Feelings. In Module 8, we will cover items 5 through 9 which is the equivalent of Stage 3, Collapsing the Story. In Module 9 we will cover steps 10 to 15, the main part of which is the piece about projection and mirroring. Then in Module 10, we get into Stage 4 which is doing the reframe which is Step 16. That should take care of the Radical Forgiveness worksheet.

On top of that we have a great video where I demonstrate taking my wife JoAnn through the worksheet, so this is going to be a breeze for you. As you know, if you've read the certification requirements that AFTER we have completed these next 4 steps, you will be required to find 5 people to whom you will introduce and take them through a worksheet. Two of them must be the online version. So, start thinking about who you think would benefit from doing a worksheet and begin now asking them if they would be willing to be a "client."

But, for right now, I want you to download a worksheet, so that you have it in front of you as we go through these 4 modules. I want you to actually choose an issue from your own life to do this worksheet on as we go through each of the steps. I want you to actually do it right there and then, pausing the video as and when necessary while you write.

In this module, I want to say a few things in general about when and how to use a Radical Forgiveness Worksheet. Then in the next four modules, we'll go through quickly step-by-step. OK?

First of all, then, let me ask you this. When would you suggest to a client that they do a worksheet? Well, here's a few pointers on that. For a start, based on what we've agreed so far, not before you have listened to their story and they've got it all out.

As I mentioned before, I usually block out about 2 hours for that first session because it usually takes about an hour and a half for them to tell the story. So, it is unlikely you will have them do a worksheet in the first session.

Another consideration is you would never do a worksheet with someone who's never done the work before who is in a high state of emotional distress. The worksheet is something you have them do when they are able to be more reflective and able to take a longer view.

Now, if they are completely new to Radical Forgiveness, you may have some preparatory teaching to do, about the concept of Radical Forgiveness and most probably the 5-Stages. You may already have given them the *Radical Forgiveness* book to read or a copy of Jill's Story at least to read as homework before doing a worksheet with them. They need to be at least reasonably familiar with the concept before you give them the worksheet to do.

Having said all that, it is highly unlikely you will get a client who is not reasonably familiar with the basic idea of Radical Forgiveness, but it remains the case that you have to choose the right moment to suggest that they do a worksheet. Too soon and they may balk and not come back. Leave it too long, and they will begin to think you are not able to give them the results that they want.

Now, there are a number of ways that you can do it. If this is a recurring client and they have done worksheets before, you can give it as a task for homework, and they can bring it in for discussion next session. Or, they do it right there and then during the session with you.

But, let's assume we are talking here about a new client who has never done one before. If that is the case, it is not sufficient to just give them the worksheet to do at home. I believe that you should take them through the worksheet step-by-step, working one-on-one with them, in person or virtually, teaching as you go, just like I did in the demo with JoAnn.

But, this brings up an important issue. Remember what I said about aspirins and vitamins. Well, the client is likely to come to you initially for an aspirin hoping for a quick fix. They want you to solve their problem. That's another reason why you need to take your time getting them to the point where a worksheet will do the job. You want it to work so they feel some success, and you have established some trust. It's doubtful that you will get these kinds of result in just one session, nor even in two sessions in many cases. Don't even try. You need to get them to commit to at least 5 sessions if they want significant results.

Usually, they come in initially mainly to scope you out to see if you are the person who can help them with their problem. So, by all means give them a taste of what Radical Forgiveness can do in that first session, like taking them through the 7-minute experience that is on the Home page of the website, or even the 13-Steps, but don't try to cram a worksheet into the first or even the second session just because they won't or can't commit to a series of sessions or a VIP Day. That's where you work one-on-one with someone for a whole or half a day.

And, by the way, never offer a free first session. You'll just get the kind of people who always want something for free, and they won't come back. You can offer a discount maybe, or a one-time special offer on a series or a VIP Day if they come for a session, but never a freebie. I learned that the hard way. You simply devalue yourself and the work. You want people to come to you who are able to pay you well for what you do and are interested in their own personal growth.

There's a lot more we could say about all this but there's not the time in this program to cover it well, so in the Master Coach program I offer an optional day where we talk about the business and marketing aspects of doing this work in a way that gives you a decent living, and you still have time for a life.

Anyway, back to the worksheet. If you are doing this with a client in a one-hour session, it really is not easy to do the whole thing in that one session. In fact, I would say there's no way you can do it justice if the client has not already got a good grasp of the 5-Stages or what a reframe is. If you think you have no other choice for some reason, then you might be better off doing the Quick Radical Forgiveness Worksheet instead. It's a perfectly good tool, so don't feel you're short changing your client by using it. In fact, in many cases, if time is an issue I would recommend you use it. Having said that, you would still want them to experience the full worksheet at some time or another.

Now assuming you have the time and your client is really interested in learning and is invested in Radical Forgiveness from a vitamin perspective, then you can use it like I am doing here in this training as a teaching device, taking your time over each part of the worksheet, so they really get the underlying rationale and concepts. All going well you will by then have a client for life.