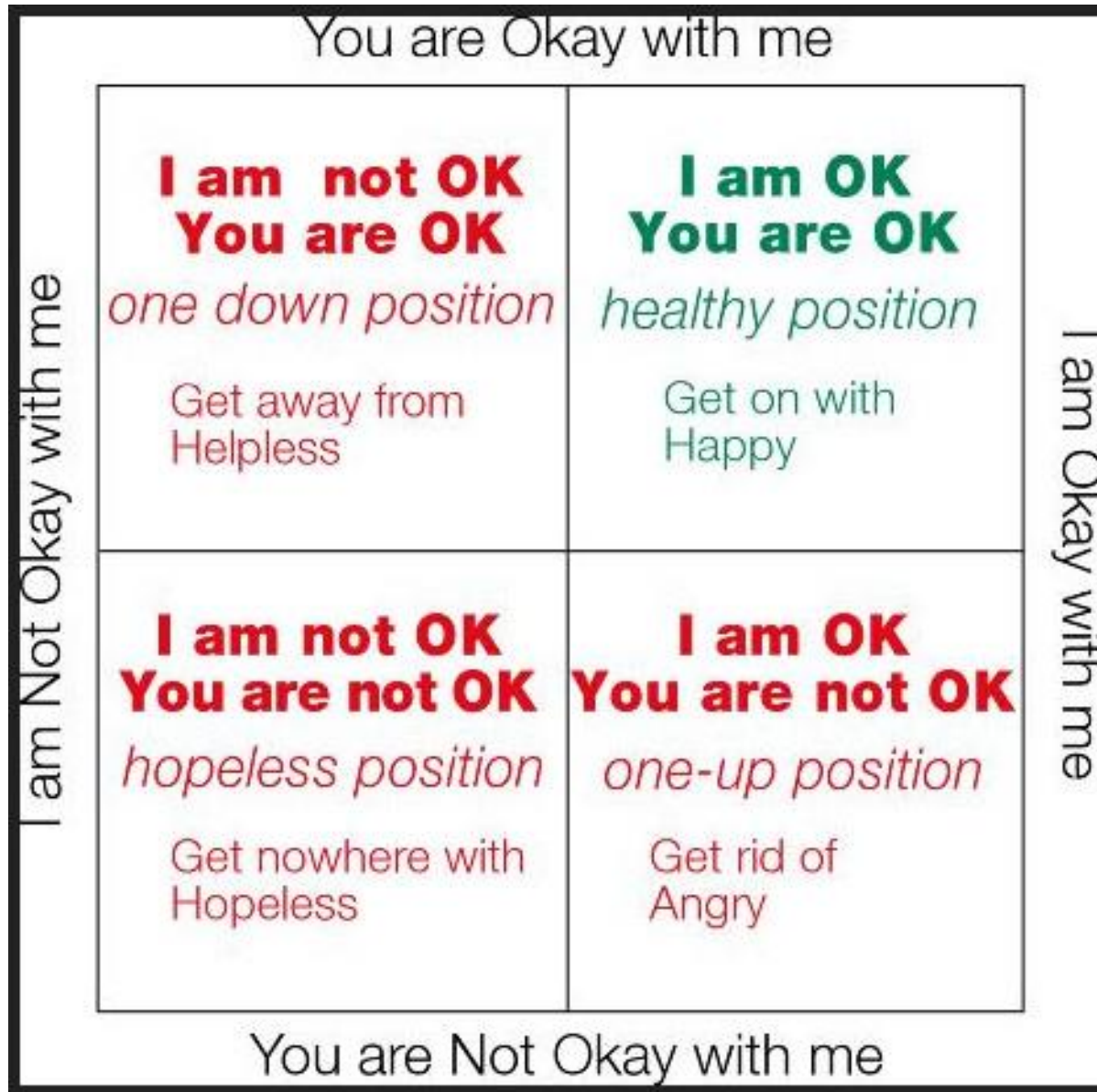


LIFE POSITIONS (source: F. Ernst, 1971)



THINKING ABOUT POSITIONS

1. What is **your** “favourite” position?

2. What are the “favourite” positions of **those around you**?

3. What do you **need** to be in the OK – OK?

CONTRACTING (source: I. Stewart, 2007)

1. What do you want to **change**?

2. What **steps** do you need to take?

3. How will **you know** you achieved your goal?

4. How will **others know** that you achieved your goal?

5. How can **you sabotage** yourself?

6. How will you **celebrate**?
