

## MENTORS SESSION GUIDE

# DAYS 12 & 13

### INTENTION

- To address a Mental issue using the Mentoring Process
- A is Mentor on Day 12. B is Mentor on Day 13.

### CHECK-IN

*Mentor:*

Let's check-in.

Please share how you are doing physically, emotionally and mentally today.

Remember to use I-statements and the 5 feelings. I'll start.

*[both partners check in]*

### REFRAMING

Today, you will get to experience Reframing and The Mentoring Process again.

As we discussed earlier, Reframing involves taking a person, through a step by step process to help them sort out a difficult issue they may be dealing with.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

The Mentoring Process is a complete process that builds on this basic Reframing idea.

We'll be using this process today, to sort out a difficult Mental issue for you.

So, I invite you to take a deep breath and allow yourself to relax.

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

## MENTORING PROCESS

Is there a difficult or complex Mental issue that you may be currently struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does \_\_\_\_\_ mean to you?

What would that look like?

How will you know when you have it?

What Are You Doing To Get It?

What does that look like? Please be as specific as you can.

How Is That Working?

How do you know that?

What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What other behavior choices are you aware of right now?

Are you willing to go to go inside now to get input from any parts of you or possibly some Spiritual resources you may have?

Close your eyes, take a few deep breaths and exhale slowly.

Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.

Ask if there is a part of you that has a suggestion on a new behavior you could adopt to get what you want.

You may even want to call forward a fun or creative part of you and maybe a wise and loving part.

Please share what each part says after they are complete.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What Actions Will You Take?

What will you do this week to act on your choice?

Is there someone you could ask to support you in this?

## **CLOSURE**

Is there something else you need to feel complete with this for today?

How do you feel?

How was that for you?

Thank you.

Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Person A, please do the Daily Reading before Day 14.

Person B may do the Daily Reading for Day 14 after experiencing Day 14.