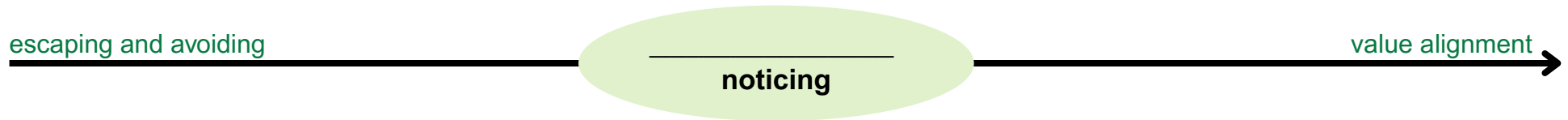


Life Map

3. What do you do to move away from those difficult inner experiences?

4. What could you do to move toward who and what is most important to you?



2. What thoughts, feelings, or sensations get in the way of moving forward?

1. Who and what is most important to you?

Life Map: Therapist Guide

3. What do you do to move away from those difficult inner experiences?

This section clarifies the avoidance, control, or escape strategies the client uses to manage discomfort, even when such strategies ultimately interfere with valued living.

Therapist Guidance

- Approach avoidance behaviors with curiosity rather than criticism
- Use Motivational Interviewing (MI) skills (e.g., reflective listening, open-ended questions, and strategic summarizing, to help the client notice patterns in their behavior)
- Gently guide the client to recognize that avoidance strategies are understandable efforts to manage pain, while also exploring how they may bring short-term relief but sustain long-term suffering or disconnection from values

Examples

- "Avoiding social gatherings by staying home and binge-watching television"
- "Procrastinating on important tasks due to fear of failure"

escaping and avoiding

____ Client Name ____
noticing

value alignment →

2. What thoughts, feelings, or sensations get in the way of moving forward?

This section focuses on identifying internal barriers (e.g., thoughts, emotions, physical sensations, or memories) that contribute to feelings of stuckness, avoidance, or struggle.

Therapist Guidance

- Prompt the client to notice internal experiences without judgment
- Emphasize that these experiences are not signs of failure; they are natural aspects of being human
- Help the client distinguish between external obstacles and internal responses

Examples

- "Fear of being judged makes me hesitate to share my ideas"
- "Feelings of sadness and heaviness prevent me from engaging with others"
- "A racing heart and tight chest when I think about applying for jobs"

4. What could you do to move toward who and what is most important to you?

This section identifies specific, values-based actions the client can take, even in the presence of discomfort, to move toward their chosen life directions.

Therapist Guidance

- Encourage small, actionable, and flexible steps rather than overwhelming goals
- Help the client recognize that progress is measured by engagement with values, not by elimination of discomfort

Examples

- "Calling a friend once a week, even if I feel anxious beforehand"
- "Attending a community fitness class to prioritize my health"

1. Who and what is most important to you?

This section helps the client articulate the people, roles, qualities, and life directions that matter most to them. It highlights the kind of person the client aspires to be and the reasons underlying their chosen values.

Therapist Guidance

- Encourage the client to think beyond goals and focus instead on qualities of living (e.g., being a caring friend, a responsible parent, a creative individual)
- Normalize that values are ongoing directions, not achievements
- Explore different life domains such as relationships, career, health, personal growth, spirituality, and leisure

Examples

- If a client responds with a general category such as "my friends," it may be helpful to probe further by asking, "What is important to you about being a friend?" This can help clarify underlying values, such as being empathetic and supportive.
- Similarly, if a client says "my kids," you can ask, "How do you want to show up as a parent?" to elicit values such as being compassionate and patient.