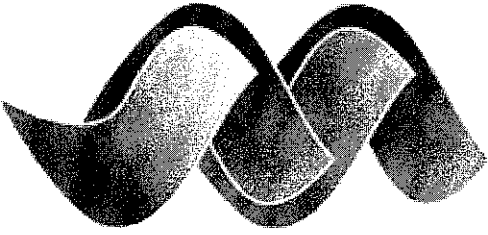


A Sophie
case study
never R

FORM 1



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Level 1 or Level 2?

This new 'Level 1 or Level 2' questionnaire works differently from the original, which was not as precise as most would like. Put a 'X' in the appropriate column for the client's answer to each question.

Please Note: Questions 1 - 5 are slanted towards 'Yes' for the presenting issue being a core identity issue, 6 - 10 against it.

This ensures we don't bias the client. Please take note that 'Yes' and 'No' columns are reversed for questions 6 - 10. This is to allow you just add up the number of 'X's in each column to arrive at the totals at the bottom.

	Yes	Don't know	No
1. Do you feel that your difficulty is a part of who you are?	✓		
2. Do you feel that it is somehow out of your control?	✓		
3. Does it feel as if the problem is mostly inside yourself?	✓		
4. Do you believe others identify you with it?		✓	
5. Does it feel as if it 'fits' you even though you don't like it?	✓		
PLEASE NOTE THE CHANGE OF 'POLARITY' HERE!			
6. Can you easily imagine being different from how you are?	✓		
7. Can you remember not having the problem?	✓		
8. Can you imagine how you might feel if you didn't have it?			✓
9. Do you know how you want to be instead?			✓
10. Do you believe you can easily change?			✓
TOTALS	L2		L1

NOTES:

Where there are more than 3 'Don't know' answers, further questioning needs to be conducted to reduce it to 3 or less.

Where there is an even number of L2 and L1 answers the following question will allow you to arrive at a firm decision:

11. *This is just a game of imagination, not by any means a suggestion, and you do need to think about your answer to this final question: "If you knew that only 3 out of 10 people with this condition could be helped, do you instinctively believe you will be one of the 3, or one of the 7 who get no benefit?"*

The client who chooses 'one of the 3' is more likely to respond to Level 1 work, though it's likely that you will need more than one session to get the best results.



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Therapist's work sheet

Client ID: ~~8110~~

* Sophie (Pfeebaym)

This work sheet is for recording client responses to the Unlock Questionnaire and will be needed on 2nd and subsequent sessions of therapy.

Q1 - Current Image: Invep
Disorganised
weird
warty

8/100 → 8110

Q2 - Worst part: Not being able to
achieve & wife
tone like I want-

Q4 - PAL 1: Initial: 8 Eventual:

Q10 - Stated determination level: Initial: 10 Eventual:

Q13 - The perfect self: Steadily consistent
resilient determined
emotional focussed
wise joyful
persistent joy full
passionate
9/10

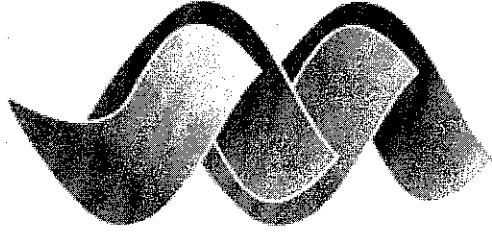
Q14 - PAL 2: Initial: 10 Eventual: "Anything is possible"

Q18 - Best thing about being free:
Feel a weight off me
flexibility & anticipation
of goals, wife a dival released

more varied than my friend's a gift to me
I get to avoid
EXTRA NOTES:
1) Triggers off all the
calm down
1) Finances energy
I get to
I will handle
this with
grace &

2) Attachment to
myself - Remember
I am an equilibrium warrior

3) Big lapse with weight
use calm, you had
a slip, it doesn't
define you.



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Client Work Sheet One

It is important to the success of your therapy that you complete this worksheet on a daily basis – failure to do so might limit the degree of success you achieve as a result. We are going to make a fundamental change to the way you view yourself (your core identity) and so it is necessary to remind your brain regularly about the 'new you' to get the best result we can.

Your 'scores' and comments will help your therapist to tailor the therapy to be a complete match for the structure of your thought processes, so complete honesty is needed if you are serious about finding the life you want – if you are less than honest, your therapy will be compromised.

Even if you attend with a completely negative response, your therapist will still be able to help you get to where you want to be!

Be completely honest with your answers to the two questions on this page.

Your current core identity: I've been a bit more nervous, weak, overthinking, nervous, Write down a one-line statement of how you see yourself in your mind's eye. If the description is different from that which you gave your therapist, that's absolutely fine. As time goes by before your next session, this description might change but *do not erase or blank the previous one(s)*. Be sure to write the first one the day after your session. If nothing changes, write 'same as yesterday.'

Day	Description
1	Lazy, don't follow through; all talk no action
2	you'll never change. you are just not good enough
3	Same
4	you see? you are just repeating old patterns - talk a good game
5	Just because you get it right sometimes doesn't mean it's sustainable
6	When will I ever break this cycle?
7	I can't even make it to lunchtime without feeling myself down.

Your Ideal Self

Now write one line about how you really would like to be, making sure that it's totally possible, plausible, and designed to please *you* and not for anybody else. If it changes, that's okay, but don't blank or erase previous statements. Don't hold back because it seems unlikely - write exactly what you want as long as it's **possible, plausible** and designed to please **you** rather than somebody else. If nothing changes, write 'same as yesterday.'

Day	Description
1	Organised, efficient, warm but totally professional disciplined.
2	change is possible for anyone, especially you because your determined, disciplined & powerful
3	Same
4	I have the power & ability to create my own life and achieve my full potential if I am disciplined
5	I am focussed, disciplined, organised, industrious and efficient.
6	Because I already have all the tools I need inside me, all I need do is unlock them to radically
7	One step at a time, one day at a time, my life one decision at a time - that's how I change my life bit by bit.

transform

This page is designed to show the therapist how your general personality functions so that the therapy can be designed to be a perfect fit for you. Just tick the box that is most relevant to the way you feel in each of the following – please complete each day **honestly** (i.e. no exaggeration in either direction) between therapy sessions:

My general mood each day when I think about therapy (1 very poor, 5 very good):

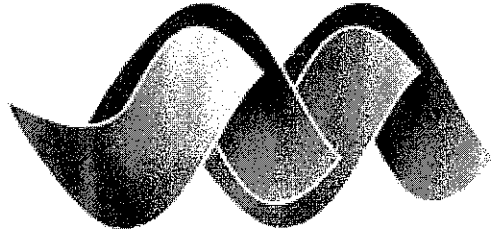
	Morning					Afternoon				
	1	2	3	4	5	1	2	3	4	5
Day 1	BA		✓				✓			
Day 2			✓					✓		
Day 3			✓					✓		
Day 4			✓						✓	
Day 5				✓					✓	
Day 6			✓							
Day 7			✓							

And when I think strongly of my Ideal Self, I feel:

	Morning					Afternoon				
	1	2	3	4	5	1	2	3	4	5
Day 1	BA			✓					✓	
Day 2					✓				✓	
Day 3				✓					✓	
Day 4			✓						✓	
Day 5				✓					✓	
Day 6				✓				✓		
Day 7				✓					✓	

Any comment(s) you might have:

* Sophie



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Client Work Sheet Two

As with the first work sheet, it is important to the success of your therapy that you complete this worksheet on a daily basis – in this instance if you do not do that, it is probable that the therapist will not be able to continue the therapy until you have repeated session two and this work book.

This is because your therapist needs the information from these exercises to proceed in the manner most likely to find success.

Your therapist will have asked you to complete this thought exercise three times each day:

Sit yourself in a quiet place, close your eyes, then call that frozen image of the old self to mind. Hold it there for a moment or two, noticing that it's absolutely frozen still and not moving, just as you did in your session, then imagine your new image pushing in front of it and somehow enveloping you so that you can feel it all the way out to your boundaries. If your boundary is just your body, that's fine, but if it sometimes seems to fill the room, that's fine too. Hold that in your mind for a count of 10, then do the same thing again, starting with the frozen image. It might be that you can only catch just the merest glimpse or feeling of the old image before the new one is there - and it's possible that the old image might disappear completely, and that's okay, too. In that case you would go from simply looking for the old image to the new one. Do the whole thing three or four times and finish each time with the new image all around you, and do that three times a day. The image fading afterwards is normal.

Enter the time and the score based on easiness with 1 difficult and 10 very easy.

	First			Second			Third		
	Time	Score		Time	Score		Time	Score	
Day 1	20:30	9							
Day 2	9:15	8		15:00	8		20:50	8	
Day 3	9:00	9		14:10	8		21:00	9	
Day 4	5:30	8		15:00	8		21:10	8	
Day 5	7:37	6		13:00	7		22:00	8	
Day 6	7:30	8		12:00	8				
Day 7									

Sunday
M

Overall assessment of how you feel about your 'ideal self'

Day 1	LOVE the idea - just not sure I'll get there
Day 2	would absolutely adore to have that reality!
Day 3	Just loving this feeling - so warm, & filled with gratitude
Day 4	Pretty good 😊
Day 5	Still positive.
Day 6	😊
Day 7	

Positive Mood Indicator

This page is just to give you therapist an idea of how positive you are able to be on a daily basis. The more you *believe* the success of the therapy and more *optimistic* you are about how you life will be afterwards, the higher will be your score. Again, it is important to be completely honest; for instance if you believe totally that therapy will be successful but you are not totally optimistic about your life afterwards, then this needs to show in the graphs that you are completing here. Even if every column is low, that's exactly what your therapist needs to know to help you get on track for success – and stay there!

Indicate your levels in each table by placing an 'X' to show your score of 1 (poor) – 5 (good) in the column for each day.

Table 1 - Belief

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5							
4			✓			✓	
3	✓	✓		✓	✓		
2							
1							

Table 2 - Optimism

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5							
4			✓			✓	
3	✓	✓		✓			
2					✓		
1							

Any comments: