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DreamWork, BreathWork, Coaching, Cacao Ceremonies, Workshops, Retreats and Rituals all designed to bring you back to yourself.

PERSPECTIVE EXERCISES

1. Removing Limiting Beliefs

This is a form of powerful questions. We do this when a client says they would do something, except for...

Example: I would take that course, if I had the money. Or, I would do it if I had the time. Or, if I were a professional Coach, then I could do it.

So, we ask the client, well, what if you did have the money...what would it look like? If you pretended that you knew, what would you know? If time was plentiful, then what?

It's an attempt to shake the tree and get the client to consider another perspective that is more spacious.

2. Embodied Perspective

This is a form of embodiment that asks the client to assume a stance/position that conjures up the emotion/value they are trying to step into, and then to consider the topic/issue from there.

Example: How would you stand if you did have courage? Client shows/tells you and you do it with her. So when you stand here, what does the topic look like? Or, so when you stand in courage, what's possible?

The follow up to this is a HW piece in which the client can use this as an anchor to remember what she is trying to stand in. She can stand like courage before she goes in to ask for a raise, or whilst she is doing it.

3. Change of Scenery

This is a version perspective shifting from CTI. You actually get the client to stand up and move to a new location to see things differently.

Example: Ask the client to stand and turn around—what does she see now? Perhaps it's a window. Then what is the window perspective? Or, ask the client to go outside and describe what she sees. Perhaps it's trees. Ask the client, so from the tree perspective, what is possible?

4. Images

Another visual way to change perspective. For this you need to prepare some photos/images to show the client. You share them and ask the client what is possible from that perspective.

The interesting thing about this exercise, is that you may find yourself assuming that you know which images are facilitative and which are not, and our assumptions don't always hold true.



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Once client may say a photo of a burning forest is destruction whilst another might say it is powerful and passionate.

5. Images 2/Tarot and other divination

In this version, you use something that is visual and tied to divination...like Tarot cards or Runes or even tea leaves. You can share them with the client and have her look at the images and see what arises. Of course, these things have denotative meanings as well—which you can share.



Example:

The Strength card usually denotes perseverance and strength, but not through force; it is about using inner strength, charisma, influence and persuasion. You can offer this up as a potential perspective to the client: If we look at your issue through the lens of the Strength card, what do you see?

Of course, this is a time when your own intuition may come up and, if so, you can ask permission to share, make sure you wait to receive it, and then share a one-sentence of what came up. Then ask how it lands.