



BEHAVIOR CHANGE REQUEST

Dana Cole, LMFT

SENDER

1. Request an appointment:
"I would like an appointment to express a frustration and make a behavior change request".
2. State your frustration:
 - a. "What I'm frustrated about is..,"
 - b. State your fear.
 - c. State your hurt.
3. State your desire globally.
4. State three Behavior Change.
Requests. Specific. Positive.
Time limited. Quantified.

NOTE:

The **RECEIVER** facilitates the **SENDER** in dealing creatively with the frustration and must be very intentional in guiding this process

RECEIVER

1. Grant an appointment ASAP. Now if possible.
2. MIRROR as follows
 - a. Mirror. Then say: "Tell me what **scares** you about that."
 - b. Mirror. Then say: "And tell me what **hurts** so much about this."
 - c. Mirror. Then say: "And tell me what this **reminds you of in childhood.**"
 - d. MIRROR, VALIDATE, EMPATHIZE.
Then say "What do you want from me around this?"
3. Mirror. Then say: "What specific things could I do that would help meet your desire?"
4. Mirror each.
Grant one as a gift.
Write all three on your Behavior Change Request list.

Adapted from work by Harville Hendrix