

THE POWER OF THE FIRST STEP

PRESENT		IDEAL	
FEELING	<input type="text"/>	FEELING	<input type="text"/>
ROLE PLAYED	<input type="text"/>	ROLE PLAYED	<input type="text"/>
TITLE PRESENT MY MOVIE – FROM	<input type="text"/>	TITLE IDEAL TO:	<input type="text"/>

MY FIRST STEP:

Meaning of my first step:



Practitioner Recording Sheet

Client:			
Date:			
The Power of the First Step Technique			
PRESENT (sketch)			
Self			
Feeling			
Role			
Role Reversal			
Feeling			
Role			
Title:	From:		
IDEAL (sketch)			
Self			
Feeling			
Role			
Role Reversal			
Feeling			
Role			
Title:	To:		
First Step			
Meaning			
Difficulty	1 easy	2 difficult	3 very difficult
Metaphor			
Notes:			
Homework			