

## I PROMISE

### 1. Spirit Domain: Partnership

- **My Promise to You:** I promise to work with you, as your helper - and not as your “boss”. I promise to remember that you are the expert on you, and on your life, and that I will not attempt to assume that role on your behalf. I promise that I will involve you, every step of the way, in the work that we do together. I promise to remind you from time to time to let me know if you ever feel me getting too far ahead of you, or if it seems like I’m pulling, or pushing, or persuading you to do what I might want you to do.

### 2. Spirit Domain: Acceptance (Absolute Worth)

- **My Promise to You:** I promise to accept you as a human-being who is as good as, and as worthy as, and as deserving as I am, and as admirable as every other human being who struggles to make things better. I promise to see you for who you are - and not as a victim of all the things that might have got you to this place. I promise that I will see you for who you are - and not who someone else might want you to be.

### 3. Spirit Domain: Acceptance: (Affirmations)

- **My Promise to You:** I promise to give attention to the good, and the courageous, and the “amazing” in you. Whenever I see them, I will highlight the skills and traits and strengths that you possess and that are available to you as you work at improving your life through our talks. I promise that I will affirm all the positive characteristics that I see in you, and I’ll encourage you to do the same, especially when you overlook some of them yourself.

### 4. Spirit Domain: Acceptance (Accurate Empathy)

- **My Promise to You:** I promise to work very hard to understand your point of view, with accuracy, before I ask you to consider mine. I will ask you to correct me when you sense that I haven’t got it right, so that I can join up with the way you see things - from behind your own eyes. I promise to remember that I am not in your shoes and never have been. That is why I promise to stay curious, and to learn from you about what your experience has been and what hopes and wishes call you forward. I promise that listening – and more importantly, *hearing* what you say, and mean, and want, and need will be a priority in the way I work with you.

### 5. Spirit Domain: Acceptance (Autonomy Support)

- **My Promise to You:** I promise to respect that you are the boss of you, in all ways. I will be here to help you navigate. I’ll keep one eye on the map, and the other one focused on our starting point. I’ll help you decide where you want to go from here, and what options you have, and what goals you want to reach. I will honor the fact that you are in the driver’s seat in the work we do together.

### 6. Spirit Domain: Compassion

- **My Promise to You:** I promise that I will care about and be guided by what is best for you, even when it’s hard for you to do that for yourself. I will work to earn and deserve your trust by making sure that your needs are always at the heart of every conversation we have. I promise to invest in and care about finding ways for you to get a good result – even if that means helping you connect with others who are better suited to help you than me.

### 7. Spirit Domain: Evocation

- **My Promise to You:** I promise that calling forth your opinions, and wants, and needs and abilities in regard to what we are working on will be a priority in the way I work with you. I promise to listen to your reasons for making the decisions you do, and not to the plans I might make if we were talking about me instead of you. I know that my shoes are the only ones I can ever walk in – and that also goes for you. I promise that asking will be a priority in the way I work with you.