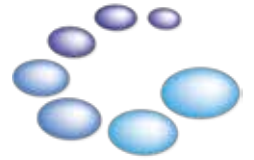
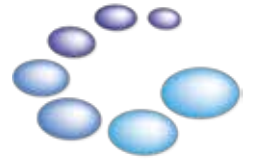




About Me





1 | **My background**

What have been the 3 best times of your life? What made them so good?
What have been the 3 most difficult times for you? What makes you say that?
What do you mean by...? Tell me more about...

2 | **My story of the world**

Tell me what you think about your offending
How do you explain your offending to yourself, to others?
How do you feel life has treated you so far?
How do you think others see you – your family, your friends, the public, etc?

3 | **How I am treated**

How do you feel others judge you? How do you know this? What impact does that have on you?
Who do you think treats you fairly/unfairly? What do you see which tells you this?
How do you think this links to your offending?

4 | **How I treat others**

E.g. You talked about how your mother made you feel stupid. How does that effect how you see and treat women in your life now?
If you are under real pressure, who could be at risk of offending or harm from you?
Who are you feeling particularly angry/jealous towards?

5 | **The future me**

How would you like to be?
What 3 words would you like people to use about you?
(This may require some reframing) E.g. tough – so you want to be able to stand up for yourself and put your view over, but within the law so you are respected, etc.

6 | **My strengths and skills**

What skills have you got?
What have you done in the past that has brought you some success?
When things have worked well for you in the past, what exactly did you do?

7 | **Possible obstacles**

When you have tried to make changes before what has got in the way?
What knocks you off course even if things are going well?
What are some of the things you 'must do' that cause you problems? E.g. always sticking up for mates, etc.

8 | **My style when learning new things**

If you were going to learn something new on the computer/Wii/etc. how do you do it? What is it important for the person teaching you to do?
What makes learning fun for you?
What would make you want to get out of here right now?