

Conventional Therapy

tends toward...

personal strengthening
triage
issue resolution
why me?/why this?
overcoming obstacles
traditional relationship
unconscious>conscious level
away from
looks backward
raising standards
somewhat vulnerable
cognitive/behavior patterns
letting go
needs help
pain
past > present
needs, wants
issue resolution
driven by unresolved issues
absorbs information
feelings, discussion oriented
self understanding
nurturing, supportive
asks why
disruptive situations
usually a measured pace
no personal disclosure
patient/client
medical model
treatment
healing
presented complaints
mostly monologue
progress
was then
professional 'arms length'
behavior norms
analysis/understanding
pathology
hope
self concept
integration
diagnosis
support
prognosis for recovery
diagnosable conditions
anxiety
depression
trauma

Personal Coaching

tends toward...

personal evolution
visioning
problem solving
what's next?/what now?
sustainable flow
collaborative, equal partnership
conscious>consciousness level
toward
focuses forward
raising standards
generally open, not vulnerable
actively building
life dynamics
wants a partner
frustration
present > future
needs, wants
life design
chooses goals and actions
acts on information
more action oriented
self potential
catalyzing, challenging
asks what
tolerations
often a rapid pace
personal disclosure as useful
client
performance model
co creation
achievement
common situations
mostly dialogue
performance
is now
close, collaborative
uniqueness
possibility
experimentation/discovery
inspiration
self discovery
manifestation
self assessment
support, solutions
chance of success
everyday situations
n/a
n/a
n/a

emotional scares	n/a
addictions	n/a
compulsions	n/a
emotional issues	n/a
neuroses	n/a
psychoses	n/a
healing of emotional damage	n/a
history	related experiences
self imposed limits	missed opportunities
acceptance	flow
conflicts	paradoxes
reality	paradigms
restoring	expanding
healing	evolving
coping/protective mechanisms	building reserves
beliefs	personal operating system
self responsibility	accountability
stabilize	balance
new perspective	new approach
confidential	confidential
family dynamics	organizational dynamics
hurts	works
personal dynamics	personal style
weaknesses	strengths
problems	solutions
tends toward process	tends toward results
heal past	create future
medical model	performance/growth model
behavior awareness	personal awareness
complaints	tolerations
reactions	responses
restoration	enhancement
undoing	doing
dysfunctional>functional	functional>extraordinary
focused scope	unlimited scope
fear	excitement



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