

EDITED FOR TMM SPECIALIST CERTIFICATE PROGRAM

CHAPTER 8

**Step 1 of The Monarch Method™:
Identify Your Concerns & Goals**

*"We must get rid of the life we planned to
make room for the life that is waiting for us."*

Joseph Campbell

Now that you have a basic understanding of The Monarch Method™ philosophy and science, it's time to begin to identify your client(s) problems, concerns, desires, and goals.

The questions below are simply a guideline for you and your client. Please add or delete questions as you deem appropriate and be as clear, detailed, and concise as possible with documenting the answers.

Concerns

In your *Power Journal*, list and describe the issue(s) or concern(s) most relevant to you at this point in your life. These can be personal and/or professional concerns or struggles. Some examples include:

- Stuck in an unrewarding job
- Staying in unfulfilling relationship(s)
- Spending too much money or accumulating too much debt
- Overreliance on prescriptions or substances, self-medicating
- Not achieving the goals I set for myself
- Constantly feeling sad, depressed, anxious, frustrated, overwhelmed, etc.
- Social anxiety
- Addiction to food, work, sex, etc.
- Obsession with fears, lack, or failure

Now rank them in their order of importance or priority for you then for the purposes of this process, highlight the top 1 or 2.

Please list them in their order of importance or priority for you.

1. _____
2. _____
3. _____
4. _____
5. _____

Goals

Identify the outcomes your client would like to achieve in this process, specific to the issues and concerns listed above. Some examples as they relate to the items listed above:

- Getting and staying in a job that is rewarding
- Maintaining healthy and fulfilling relationship(s)
- Managing money well, eliminating debt
- Feeling good without substances
- Setting and achieving goals
- Waking up feeling good and managing the difficult feelings
- successfully
- Feeling confident and comfortable in various settings
- No longer focusing on fear A, B, C.....

As part of this goal identifying process your client’s past counseling, coaching, and personal growth experiences will be useful. Understanding what has been both helpful and unhelpful to him/her in the past will give you a clearer understanding of the possible outdated core beliefs.

Now, ask your client to describe any past processes which were and/or were not helpful and supportive to their personal or professional healing and growth. This is not psychotherapy – it is simply a step for clarifying deeper concerns and goals, blocks and doorways.

As a ***Monarch Method Specialist***, it is essential you identify your clients’ underlying concern/goal. This is likely to be more emotional than intellectual and less conscious than previously identified personal/professional goals.

Typically, the goal your client starts with is not the core concern as it relates to removing subconscious blocks. This requires some investigation via questions and drilling down to the feelings beneath the surface objective.

Encourage your client to follow the thread further back until they reach a fear that is emotional, i.e. I’m afraid of failing”, “I’m fearful of visibility, being held accountable”, and so forth.

Example: Your client may employ your services with the goal to get a promotion or improve a relationship. Deeper goals, as they relate to inner blocks, are typically client's struggle with self-value, control, etc.

If your client struggles with this deeper fear, concern, goal identification, the following exercise may be helpful to you and your client.

I Am Exercise

Over the course of the next three days, take note (in list format) of all of the I Ams you think or say to yourself and write them down below in the space provided. For example, “I am angry,” “I am a sister,” “I am tired,” “I am considerate,” “I am a hard worker,” “I am a loser,” and so forth. Any role, feeling, thought, curiosity, etc. applies. If you find you have repetitive I Ams, make a note of those that are of a similar type and then the approximate number of repetitions. Have your client document their results in their journal.

Please do no reveal the purpose of how to evaluate this process until the client has completed this exercise. That’s because, if you know in advance why you are doing something or the purpose of the exercise, it significantly decreases the benefits and outcomes of the process.

What to Do With Your I Am List

Starting at the beginning of your list, review each I Am statement and identify it as either negative (N) or positive (P) and as internal (I) or external (E). Each I Am statement will have a P or N and an I or E next to it. Some common examples – “I am happy,” is P and I, “I am a son” is P and E, “I am a bad son,” is N and E, “I am frustrated with my job,” is N and I.

While positive and negative are fairly self-explanatory, the concept of internal and external may be new. Internal refers mainly to those things connected to your inside processing, like feelings about who you are, how you operate, your philosophies, perspectives, and choices. External points to your viewpoint of things outside of you, like relationships, roles, world events, etc. Sometimes the I or E depends more upon your perspective of it, than the actual name. For example, if you see your role as a mother as something innate and joyful, it is internal. However, if you view it as a job and resent it, it is external. This exercise is more about getting a general idea of who you believe you are at the moment, rather than getting the exercise correct. This is not an exact, right or wrong exercise. See the sample below for more ideas.

The purpose of this exercise is for you to understand and see (in writing) the extent to which you are thinking and responding supportively and/or unsupportively of yourself and the

degree to which you are functioning externally and/or internally. If you find you have more N's than P's and E's than I's, chances are you have some outdated core beliefs still operating. Below is an example of one client's list. Remember, it's important to honor your own process. Your answers are subjective. There is no right or wrong.

I AM	Label
A woman	P and I because it defines her as a being
Real	P and I
Individual	P and E because it represents her place in the external world
Afraid	N and I
A daughter	P and E
Frustrated	N and I
Loving	P and I
Unable to heal	N and I because it refers to emotions
Addicted to ice cream	N and I because the addiction is emotional
A sister	N and E because her sibling relations are not good
Broken	N and I
In a dead-end job	N and E
Hating cleaning the house	N and E
Loving my pets	P and E
Smart	P and E because she sees it as status ranking
Feeling depressed	N and I
Overweight	N and E
Jealous	N and I
A hard worker	P and E
Good at my job	P and E
A mess	N and I
Total P = 9, N = 12 and I = 11, E = 10	

In summary, this client thinks more negatively about herself and the world than positively, and this contributes to her overall struggle. While the I and E are about the same, it is beneficial to have a slightly higher number in the I category, indicating you are operating more from the inside-out than the outside-in. More about the inside-outside philosophy is discussed in Chapter 3.

Remember, all core beliefs have purpose, and those purposes are time and circumstance sensitive. Honoring how your client(s) think, feel, and act throughout their life stages and circumstances is imperative. Your client(s) is a highly intelligent, wise being with tools in their inner toolbox that serve them throughout life. It's simply time to switch tools.