



Sacred Depths Certification

Creating Awareness Self-Quiz

1. How is the act of Creating Awareness defined?

2. Name Ways to Create Awareness

3. Most of the time you want to create awareness by asking breakthrough questions.

However, sometimes may be more impactful.

4. Which of the following strategies is the best approach for reflecting the truth?

- a. Personal anecdote
- b. Being bold and direct
- c. Going slow and steady
- d. The question zinger
- e. None of the above
- f. All of the above

(1) Creating Awareness is the act of supporting your client to see, acknowledge or accept something about themselves or their situation they could not before. (2) Ask questions that illuminate truth; Reflecting the truth back to client; Via consulting/facting/messaging – sometimes client needs your expertise & wisdom; Acknowledging as honoring what is; Acknowledging as celebrating; Thru personal anecdote or storytelling; Using myth and metaphor; Mirroring (3) Reflecting the truth. (4) All of the above. The strategy you use will depend on the client. Always coach the what based on the who.

5. T/F: When you honor what is, you are empathizing with your client.

6. Why might some clients find it hard to celebrate themselves, or resist Celebrating?

7. What does “Honoring What Is” mean?

8. What does “Empowered Compassion” mean?

9. When is a good time to practice acknowledging and celebrating?

(5) True. Often a client needs empathy more than rooting them on or strategizing. They need a space to be held and validated in what they are feeling. (6) We tend to focus on the negative and on what isn't working; We get an icky feeling when we are being acknowledged ("don't see me", "it's not true", "if you or I believe this now, then it won't happen again and I'll look like a fraud"); We don't want to set ourselves up to be hopeful and then fail; We were taught it's obnoxious to really think highly of ourselves and our accomplishments; We don't really think it's that good; We don't really know how to receive. (7) Honoring What Is means supporting a client to become aware of or to connect more deeply with what they're feeling and experiencing. (8) To hold two things at once: Honoring what Is WHILE ALSO seeing a client in their strength, wholeness, and completeness. (9) On a pre-session worksheet, at the beginning of a session, or organically as it comes up in sessions