



Sacred Depths Certification

Creating Awareness Resource Sheet



Creating Awareness is the act of supporting your client to see, acknowledge or accept something about themselves or their situation they could not before.



Creating Awareness

- Allows client to embrace more deeply something about themselves that will help them to be more confident, clearer, or more open.
- Is a strategy that allows client to feel seen, heard, and loved more deeply.
- Can support clients to see blind spots, achievements, gaps, obstacles, inner answers, and truest desires.
- Can sometimes create a breakthrough in an instant.
- Being able to do this stems from being a masterful listener.
- If operating with unchecked filters, you cannot create awareness for your clients.
- When creating awareness, you want to create an environment where client can be as aware as possible about themselves or a situation before moving on to the strategizing portion of a session or coaching journey.
- If you don't create awareness there are too many things that can be in client's blind spot. There may also be more resistance or the strategy that is developed is out of alignment.

Creating awareness is a gift we give to clients.

Ways to Create Awareness

1. Ask questions that illuminate truth
2. Reflecting the truth back to client
3. Via consulting – sometimes client needs your expertise.
4. Acknowledging and honoring what is
5. Thru personal anecdote or storytelling
6. Using myth and metaphor

Reflecting Truth – A Tool for Creating Awareness

Most of the time, you want to create awareness by asking really good questions. This allows the client to get the awareness on their own and they are able to take it in more deeply. Client can often own the awareness more if they say it first themselves.

Sometimes the awareness that wants to come forward is so deep in the client's blind spot or so deeply ignored by the client that questioning alone won't do the trick. In those moments, reflecting truth back may be what's needed.

Reflecting truth should not be used as the default. Much of the time questions is best.

How People Respond to Hearing Hard Truths

- Get it immediately, have a breakthrough, and able to integrate
- Get angry or defensive or go into denial
- Go into self-judgment, victimhood, or hopelessness
- Check out or get confused

Energetics of Reflecting Truth

- One of the biggest roadblocks for practitioners is fear that reflecting truth will hurt or harm the client or make the client angry or upset.
- Reflecting Truth requires bravery. It requires us to take a stand for a client.
 - You have to check your own filters and fears. Reflecting truth requires objectivity and resolve, love and compassion, and courage.
 - Requires practitioner to be comfortable holding space for someone who is uncomfortable. Being willing to sit in the shadows and not run away from their discomfort.

Journal Questions

- > What fears come up for you as you consider sharing truth with others, either clients or personally?
- > What fears come up as you consider sharing controversial opinions with others?
- > How often was the truth named in your family growing up?
- > How was the truth shared in your family? How has that impacted you?
- > Do you have experiences of being told a hard truth but having it delivered with love and compassion? If yes, what's important about that for you?
- > How do you take in, receive, and respond to feedback or hard truths that others share with you? Do you respond or do you react?
- > How do your family members take in, receive, and respond to feedback or hard truths that others share with you? Do you respond or do you react?
- > What comes up for you as you think about holding space for someone who is uncomfortable or in pain?
- > What would you need to believe in order to see your client(s) as resilient?