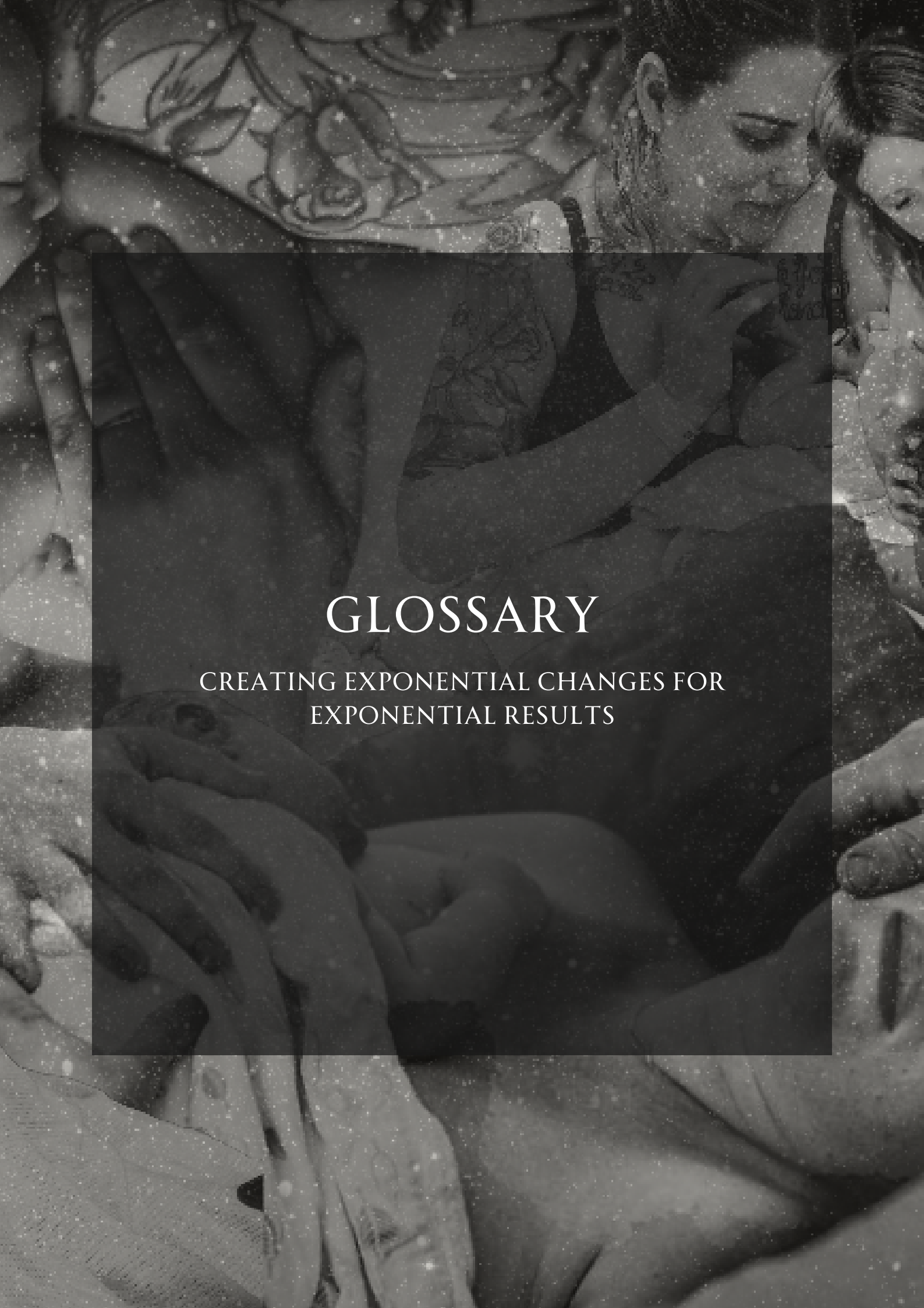

GLOSSARY

CREATING EXPONENTIAL CHANGES FOR EXPONENTIAL RESULTS

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CREATING EXPONENTIAL CHANGES FOR EXPONENTIAL RESULTS

Breakthrough: A transformative moment or process aimed at addressing and resolving a client's concerns or challenges.

Meet and Greet: Initial session focused on getting acquainted with the client, understanding their needs, and building rapport.

Detailed Personal History: In-depth information about the client's background, experiences, and personal context.

Body Language: Non-verbal cues expressed through physical movements and gestures.

Eye Accessing Skills: Observation of the direction of a person's eye movements, often used to gain insights into thinking processes.

Sensory Acuity: Heightened awareness and perception of sensory information, such as verbal and non-verbal cues.

Conflicting Values Process: A method to address conflicts arising from contradictory personal values.

Emotional Evolution Process: A technique to navigate and resolve emotions attached to specific outcomes or decisions.

Limiting Belief: A belief that constrains one's actions and potential, often hindering personal growth.

Glossary

CREATING EXPONENTIAL CHANGES FOR EXPONENTIAL RESULTS

Quantum Linguistics: The use of language patterns to influence and reshape beliefs and perspectives.

Decision Evolution Process: A method to explore and evolve decision-making processes.

Macro Strategy: A broad approach or pattern influencing behavior across different contexts.

Value Misalignment: Misplacement or inconsistency in personal values, affecting decision-making and actions.

Cleanup Phase: The stage in the breakthrough process where unsuccessful methods are revisited and refined.

Strategy Scramble: A process of disrupting and reorganizing strategies to address underlying issues.

Indecisiveness: A strategy used to cope with or avoid dealing with significant emotions related to decision-making.

Leverage: The point where a client is fully invested and engaged in the breakthrough process.

Strategy: An organized plan or approach used to achieve a specific outcome or goal.

Client Alignment: Ensuring that the client shares values and beliefs with the doula practitioner for effective collaboration.

Expansion and Curiosity: Core beliefs emphasizing personal growth and an inquisitive mindset.

Glossary

CREATING EXPONENTIAL CHANGES FOR EXPONENTIAL RESULTS

Breakthrough: A significant and transformative change or development in a person's thoughts, emotions, or behaviors, often achieved through therapeutic interventions.

Continuity of Care: A model of care that involves ongoing support and assistance over an extended period, typically used in the context of pregnancy and beyond.

Detailed Personal History: The process of gathering comprehensive information about a client's experiences, language, body language, and other cues to better understand their needs and challenges.

Leverage: The strategic use of various techniques, such as journaling prompts, tracking, or tips, to empower and engage clients actively in their own change process.

Quantum Linguistics: A technique that involves using language to expand possibilities and explore alternative perspectives, often used to help clients discover new solutions or approaches.

Emotional Evolution Process: A therapeutic approach involving processes like anchoring, hypnosis, and other techniques to facilitate deep changes in emotions and behaviors.

Meta Strategy: A higher-level strategy or approach that influences both macro (large-scale) and micro (small-scale) aspects of a person's thoughts and behaviors.

Troubleshooting: The process of identifying and addressing any lingering problems or challenges that may persist after therapeutic interventions.

Glossary

CREATING EXPONENTIAL CHANGES FOR EXPONENTIAL RESULTS

Future Pacing: A technique used to project and explore how a client might respond in future situations, ensuring that the changes made during the intervention have a lasting impact.

Support Networks: Social or community groups, such as online forums or local gatherings, where individuals can connect, share experiences, and provide mutual support.

Neutrality: A state of emotional balance or lack of strong emotional reaction to a particular situation or stimulus.

Context: The specific circumstances or setting in which a behavior or response occurs, often considered when evaluating and addressing challenges.

Conducive: Creating an environment or atmosphere that is favorable or suitable for a particular purpose or outcome.