



Sabian Mysteries

Facilitator Exercises



7 Words System – Questionnaire Q21

Exercise

In pairs, one as client, one as interviewer, complete Q21 and discuss the scores.

Teaching

It is very difficult to see oneself objectively, well actually impossible, so it is a true service to another to give them a degree of honest feedback. Many of us have involvement with others that centres on the giving of attention — and in some cases it is mostly a one-way conversation rather than an exchange, perhaps because the other has more need than we have at the moment. The secret to being a good counsellor is to have big ears and a radiant heart. Let's focus on the ears — the importance of listening to others — since in general this is an area where so much improvement can be brought about with such a small degree of effort. Listen.

Tips

- Remain open, neutral and non-judgmental to all possibilities.
- Listen carefully and actively to all that your client says.
- Ask open questions rather than closed ones.
- Use silence. This often elicits further responses that could reveal important clues.
- We don't have to fix things. Our task is not to heal our clients; it is to help them heal themselves!
- There are no 'right' and 'wrong' ways to do Q21. There are no 'right' and 'wrong' responses.
- You can reflect back ... "I notice that you scored X for the question Y. Tell me about that."
- All the questions are designed to be provocative. Expect them to provoke!
- The questions provide opportunities for high quality attention to be focused on any and every aspect of a person's life.
- This quality of attention and what emerges can often be uncomfortable and challenging.
- Individual scores do not matter – the numbers are not meaningful except subjectively. Low scores are not 'bad'. High scores are not 'good'.

<https://www.jamesburgess.com/7-words.html>

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Your Notes