

# Rock Work Facilitation / Stage One Practice Sheet

First Name or Initials of Person processed: \_\_\_\_\_

**1. What is the Block (Wound or False Self)?**

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**2. What is the Metaphor?**

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**3. The Positive Part:**

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**Messages of the Positive Part: (3)**

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**4. Proposed Process:** \_\_\_\_\_

**Reason for choosing this process:**

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**Self- Evaluation (Stage One: 10-15 minutes)**

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**1. How “present” were you to the person?**

1	2	3	4	5
Focused on the questions	Concerned about “Getting it right”	Somewhat present	Moving toward listening well	Listening well and connecting

**2. Familiarity with Stage One Questions and asking them with accuracy and clarity.**

This includes effective use of the questions within each step, staying on target, not forgetting steps, effective use of the Impact question at different times in the process and effective use of the Metaphor question.

1	2	3	4	5
Needed to use the manual	Some use of the manual	More familiarity and clarity	No use of manual & accurate	Mastering this skill

***Which questions do you need to work on to move toward mastering?*** \_\_\_\_\_

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**3. How effective were you in identifying a meaningful Part and was it in a timely manner (Ideal is 5 minutes)? Key: Facilitating the person to the “deepest” part in this moment.**

1	2	3	4	5
Struggled with both the part and time	Some difficulty in acquiring a clear wound or F.S.	Identified a Part but it took a long time (8 + min)	Identified a meaningful Part in a timely way	Identified a deep Part in a timely way

**4. How effective were you in identifying the Positive Part and getting clear, positive messages?**

1	2	3	4
Not at all	Somewhat	Good Enough but need some work	Very

**5. Level of confidence that you chose a meaningful process for the “attende.”**

1	2	3	4	5
Not at all	Somewhat	Good Enough	Pretty Confident	Very Confident