

It is important that we find ways to help people get in touch with their passion and potential for creating the future that they want.

# **Session 8**

## **Using Dissatisfaction to Find Resiliency Goals**

This session shares a process of asking questions that help people reflect on their lives and make their own decisions about what they want to work on in their lives.

Dissatisfaction can motivate a person to start their resiliency journey.

A resiliency goal reveals and connects a person to their passion and potential. Resiliency goals sometimes differ from treatment goals.

1. ***A person may be unlikely to use the word “dissatisfied” when describing situations with which they are unhappy.*** What does dissatisfaction look and sound like in the real world?
2. ***The greater the dissatisfaction, the more likely the person will want to make the effort to change.*** Ask questions that help the person explore this area of dissatisfaction long enough until you have a feel for what the person wants. Use variations of the question – “What is this keeping you from doing that you would like to do? If you could get this area of your life the way you want it, what would it look like?”
3. ***It is the benefits of making a change that motivate a person to act.*** Once you identify what the other person might want, ask questions that help them explore the benefits of making this change. Use questions like – “What happens if you don’t make this change? What would be the benefits of making this change? How would your life be different if you made this change? What would you be able to do that you can’t do now?”
4. ***In order to see possibilities, the person needs to see that there is something they can do that will start the change process.*** Once the person is excited about the possible benefits, ask what they might have to do to get started. Keeping working with the person until you find something they feel they can do- (not necessarily will, but can).

5. ***There are always barriers or the change would have already happened.*** Ask questions that help the person explore possible difficulties they might encounter in making a change. “What might be getting in the way of you doing this? What might you need or learn to do in order to overcome these difficulties?”
6. ***No one makes major changes by themselves.*** Ask questions that help the other person explore their supports – who would support, who would not support, who might work against making the change.

### **Dissatisfaction Tool to Set Resiliency Goals**

- 1) What are you unhappy with? (I don't have a job and I want to work)
- 2) What do you not like about \_\_\_\_\_? (not having a job)
- 3) What would you rather be doing? (working, feeling productive)
- 4) What is keeping you from doing that? (transportation, I don't have any training, I need help filling out an application)
- 5) Who can support you in obtaining this goal? (Vocational Rehabilitation (Voc. Rehab), Case Manager, family, Family Support Specialist)
- 6) When do you want to start? (As soon as possible)

## **Session 8 – Review Questions – Using Dissatisfaction to Find Resiliency Goals**

1. When a person has identified an area of their life with which they are dissatisfied, what are six things you should help them think through in order to set a goal in this area?
2. What is the difference in a resiliency goal and a treatment goal?
3. Give two examples of a resiliency goal.