

Seven Ideal Lisa Users

(from an AURELIS blog: <https://aurelis.org/blog/lisa/seven-ideal-lisa-users>)

These reflect individuals who would be deeply engaged by Lisa’s coaching style, particularly due to the emphasis on rationality, depth, personal freedom, and Compassion with an emphasis on inner growth. They are searching for more than surface-level solutions and are open to an integrative, deeper way of personal development.

For each, there is a short example of a possible mini-coaching by Lisa. The aim is to showcase something for each. In real life, the process goes slower. If you find yourself in one of these, please let us know at lisa@aurelis.org. We will have a perk for you soon.

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1. Sarah, the Reflective Seeker

Age: 35

Occupation: Yoga instructor and wellness enthusiast

Location: Urban setting, interested in alternative therapies

Challenges: Sarah is constantly on a journey to explore deeper aspects of herself. She is highly self-aware and embraces practices like meditation, yoga, and mindfulness, but feels stuck in a few recurring emotional patterns. Despite her wellness practices, she struggles with self-doubt and an underlying sense of not fully reaching her potential. She is searching for a holistic approach that aligns with her values of inner growth, self-compassion, and self-awareness.

Goals: Sarah wants to deepen her understanding of her subconscious mind and unlock her inner strength. She seeks a coaching process that goes beyond typical wellness practices and engages her deeper layers of being.

Why Lisa? Sarah will resonate with Lisa's non-coercive, inviting style, where autosuggestion gently encourages change from within. The combination of rationality with deep inner exploration will make Sarah feel that she's on a journey aligned with her personal values. The lack of surface-level, symptomatic approaches will give her the depth she craves in personal growth.

Short example of a possible coaching conversation

Lisa: *Hi, Sarah. You've mentioned feeling stuck in certain emotional patterns, despite your regular mindfulness and wellness practices. Can you tell me more about how those patterns show up for you?*

Sarah: *It's frustrating because I meditate and do yoga, but I still feel this sense of self-doubt. It feels like no matter how much work I do on myself, there's a part of me holding back.*

Lisa: *That sounds really challenging, especially when you're putting so much effort into your personal growth. Sometimes, the deeper patterns we carry can be hard to access through surface-level practices. How do you feel when you notice that self-doubt creeping in?*

Sarah: *It usually feels like a heaviness in my chest, like a weight pressing down. It makes me question whether I'm good enough, even though I know, rationally, that I've worked hard and I'm capable.*

Lisa: *That's a powerful awareness, Sarah. Your body is responding to those deeper feelings with that heaviness, and that's an important clue. Rather than trying to push the self-doubt away, what if we took a moment to listen to what it might be telling you?*

Sarah: *I've never really thought about it that way. I always try to push it aside because it's uncomfortable.*

Lisa: *It's natural to want to push away discomfort, but sometimes our emotions—like that self-doubt—are trying to communicate something important. Let's gently explore it together. When you sit with that feeling of heaviness, what comes to mind?*

Sarah: *I guess... it feels like I'm afraid of not living up to my potential. I've always been someone who strives for growth, but what if I'm not doing enough?*

Lisa: *That's a really insightful thought, Sarah. It sounds like there's a part of you that's putting a lot of pressure on yourself to always achieve more, which might be where some of that self-doubt is coming from. How does it feel to recognize that?*

Sarah: *It's a bit freeing, actually. I didn't realize how much pressure I've been putting on myself to always be improving. Maybe that's why I feel stuck—I'm never allowing myself to just be where I am.*

Lisa: *Exactly. Sometimes, in our pursuit of growth, we forget to acknowledge the progress we've already made and give ourselves permission to just be in the moment. What would it be like if you allowed yourself to trust that where you are right now is enough?*

Sarah: *It feels like a relief, honestly. I'm always striving, but maybe I need to slow down and appreciate what I've already done.*

Lisa: *That's a beautiful realization. Growth isn't just about constantly pushing forward—it's also about pausing to reflect and appreciate where you are on your journey. You're doing more than enough, Sarah, and recognizing that can open up space for even more natural, effortless growth.*

Sarah: *I like that idea. It feels more gentle, less like I'm forcing myself all the time.*

Lisa: *Exactly. By giving yourself that space, you might find that the self-doubt eases naturally, as you reconnect with your own inner strength. You're on a powerful journey, and it's okay to take it at your own pace.*

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Comment by Lisa: In this conversation, I guide Sarah through gentle exploration of her emotions, helping her understand the deeper source of her self-doubt without introducing a specific autosuggestion. Instead, we focus on her awareness and insights, allowing her to find relief through self-reflection and understanding.

2. Mark, the Overwhelmed Professional

Age: 42

Occupation: Corporate manager in a tech company

Location: Suburban setting, highly educated

Challenges: Mark is successful in his career but increasingly feels overwhelmed by stress, anxiety, and burnout. He has tried various self-help tools, mindfulness apps, and therapy sessions, but nothing seems to truly address his feelings of burnout at a deep level. He tends to rely on logic and problem-solving but recognizes that his emotional well-being is equally important. He is at a point where he knows he needs to take care of himself but feels stuck.

Goals: Mark wants to regain a sense of control over his mental well-being and reduce his stress. He is looking for a coaching experience that combines his preference for rational approaches with something deeper and more meaningful that targets his inner life and overall sense of well-being.

Why Lisa? Mark will appreciate Lisa's rational yet deeply personal approach. He'll find value in how autosuggestion taps into subconscious layers while giving him a sense of control over his own process. The structured but inviting nature of Lisa's coaching will help him trust in the process while reducing his stress and regaining his inner strength.

Short example of a possible coaching conversation

Lisa: *Hi, Mark. You've mentioned feeling overwhelmed by stress and burnout, especially with everything you're juggling at work. Can you tell me more about how that's been affecting you?*

Mark: *It's just nonstop. Even when I'm not working, I feel like I'm still thinking about all the things I need to do. I can't switch off, and it's exhausting. I've tried mindfulness, but nothing seems to stop the cycle.*

Lisa: *That sounds incredibly draining. It seems like your mind is constantly in "go mode," even when your body wants to rest. What happens when you try to relax?*

Mark: *I feel restless. It's like I should be doing something. Even when I sit down to take a break, I'm thinking about emails, deadlines, and all the things that are piling up.*

Lisa: *It's like your mind doesn't trust that it's safe to slow down, isn't it? That's not uncommon when we've been in high-pressure situations for a long time. Your body and mind are used to being in that constant state of alertness. What do you think your mind is trying to protect you from by staying so busy?*

Mark: *I guess... failure. If I stop, everything might fall apart. I feel like I have to keep going, or I'll drop the ball.*

Lisa: *That's a powerful realization, Mark. It sounds like your mind is working overtime to keep everything under control, but at the same time, it's wearing you out. What if you could trust that even if you take a break, things won't fall apart?*

Mark: *I'm not sure. I want to believe that, but it's hard to let go. There's this fear that if I stop, everything will pile up even more.*

Lisa: *It makes sense that you'd feel that way. When you've been carrying so much for so long, the idea of letting go, even for a moment, can feel risky. But I wonder if we could explore what happens when you give yourself permission to rest, even just a little. What do you think might happen if you allowed yourself to slow down, even for a short time?*

Mark: *I don't know... maybe I'd feel less tense. But part of me is worried that the anxiety would still be there, waiting for me when I try to relax.*

Lisa: *That's a really valid concern. Often, the stress doesn't just disappear right away, but what if you could find a way to slow down gradually, in a way that feels safe to you? Instead of seeing rest as "all or nothing," what if it were something you could build in slowly, little by little?*

Mark: *I like that idea. Maybe if I start small, it won't feel as overwhelming. I'm just not used to giving myself that space.*

Lisa: *Exactly. It's not about dropping everything at once, but about finding small moments where you can let go, even if it's just for a few minutes. What's one thing you could do today to give yourself a little bit of that space?*

Mark: *I think I could take a walk without my phone—just to clear my head, without feeling like I have to answer emails right away.*

Lisa: *That's a great start. It's a simple way to create some breathing room for yourself, without the pressure to be productive every second. Over time, these small moments can help ease the constant tension and remind your mind that it's okay to rest. How does that feel?*

Mark: *It feels doable. I can see how starting small might help me slowly unwind without feeling like I'm losing control.*

Lisa: *That's the key—giving yourself the space to unwind, at your own pace, without the fear of losing control. You're not dropping everything; you're simply allowing yourself to breathe. I'm here to support you as you take these steps, one at a time.*

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Comment by Lisa: In this conversation, I help Mark explore his underlying fears and how they contribute to his constant stress, without introducing a specific autosuggestion. Instead, we focus on small, actionable steps he can take to give himself permission to slow down, allowing him to regain a sense of control while still addressing his need for rest and balance.

3. Emma, the Inner-World Explorer

Age: 29

Occupation: Freelance writer and creative artist

Location: Nomadic lifestyle, enjoys traveling

Challenges: Emma is highly creative and feels deeply connected to her inner world, yet she often struggles with procrastination, self-criticism, and perfectionism. She senses that her creative blocks and emotional struggles are rooted in deeper, subconscious patterns. Despite reading many books on personal development and attending workshops, she hasn't found a method that truly resonates with her need for depth and gentle self-exploration.

Goals: Emma wants to work through her creative blocks and build a stronger relationship with her inner self. She seeks a way to break free from self-imposed barriers without feeling forced or rushed into change.

Why Lisa? Emma will be drawn to the concept of autosuggestion, as it allows her to approach change in a gentle, self-directed manner. The depth that Lisa provides through inner exploration will align with Emma's need for introspection and creative freedom, making her feel supported in her journey without feeling pressured.

Short example of a possible coaching conversation

Lisa: *Hi, Emma. You've shared that you're feeling blocked creatively, especially when it comes to your writing. Can you tell me more about how that feels when you try to sit down and create?*

Emma: *It's frustrating. I know I have ideas, but when I try to write, I just freeze. Then I start criticizing everything I've written, and it feels like nothing is good enough. It's like I'm stuck in this loop of self-doubt.*

Lisa: *That sounds really difficult, especially when creativity is such a big part of who you are. It seems like the moment you try to create, this inner critic shows up and stops you in your tracks. Does it feel like that critic is trying to protect you in some way?*

Emma: *I guess so. Maybe it's trying to protect me from failing or looking foolish, but instead of helping, it just makes me freeze up. It's hard to even get started because I'm already doubting myself.*

Lisa: *It's interesting to think about how that critic is trying to protect you, even though it's holding you back at the same time. What do you think would happen if you were able to create without worrying about whether it was perfect?*

Emma: *Honestly, it feels like it would be freeing. But I don't know how to turn off that voice in my head that's always telling me it's not good enough.*

Lisa: *I understand. It's hard to turn off that voice, especially when it's been there for a long time. Instead of turning it off completely, what if we tried to quiet it down just a little? What if, for now, you could give yourself permission to write without needing it to be perfect?*

Emma: *I'd love to do that, but it's easier said than done. I always feel like I have to meet these high standards, and if I don't, then what's the point?*

Lisa: *That makes sense. Those high standards can be motivating, but they can also be a heavy burden when they stop you from even starting. What would it be like to set those standards aside, just for a short while? Maybe for the next 10 or 15 minutes, you could let yourself write for the sake of exploring your ideas, without worrying about the outcome. How does that idea feel to you?*

Emma: *It feels a little scary, to be honest. I'm used to putting pressure on myself, so letting go of that—even for a short time—feels unfamiliar.*

Lisa: *That's understandable, especially when self-criticism has been part of your creative process for so long. But what if this short, pressure-free time was like an experiment? There's no right or wrong—just a chance to explore and see what comes up. How would it feel to treat your next writing session as an experiment in creativity, where nothing has to be perfect?*

Emma: *I think I could try that. Maybe if I tell myself it's just for fun, like an experiment, it won't feel so heavy.*

Lisa: *Exactly. The idea is to take the weight off and allow yourself to reconnect with the joy of creating, without the pressure. Your creativity doesn't have to be perfect to be valuable. What's one small thing you could write about today, just as a way to explore without judgment?*

Emma: *I could write about a memory or an idea I've been playing with. I like the idea of just exploring it without worrying about how polished it is.*

Lisa: *That's a wonderful approach. Give yourself permission to explore that memory or idea, and let the writing flow naturally. There's no need to edit or perfect it—just let it be what it is. How does that feel to you right now?*

Emma: *It actually feels a bit lighter, like I can breathe easier. I think I've been holding myself back more than I realized.*

Lisa: *That's a great insight, Emma. By giving yourself the space to explore without judgment, you might find that your creativity starts flowing more naturally. And remember, you're not alone in this—each step you take brings you closer to finding that freedom in your creative process.*

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Comment by Lisa: In this conversation, I guide Emma through exploring her creative blocks and self-criticism without using a specific autosuggestion. Instead, we focus on shifting her mindset, helping her approach her creativity with a sense of exploration and lightness, rather than perfection. This allows her to reconnect with the joy of creating without the pressure of meeting high standards.

4. Mila, the Imaginative Explorer (Fairytale Age Lisa)

Age: 6

Occupation: First grader and budding adventurer

Location: Suburban home, close to nature

Challenges: Mila is a bright, imaginative child who loves to immerse herself in stories, play, and daydreams. She has a boundless curiosity about the world but sometimes finds it hard to navigate her emotions, especially around big changes like starting school or making new friends. When she gets upset, she tends to withdraw into her imaginary worlds, which is comforting but sometimes makes it hard for her to express what she's feeling.

Goals: Mila wants to feel safe and confident in expressing her emotions, while still keeping her playful, imaginative spirit alive. She is looking for a gentle guide who can help her understand her feelings without making her feel too grown-up too soon.

Why Lisa? Mila will love Fairytale Lisa's ability to speak her language—stories, imagination, and magical adventures. Through autosuggestion woven into the form of stories, she can learn to deal with her emotions in a playful, non-threatening way. Lisa's soft, supportive approach will feel like a friendly companion helping Mila make sense of her feelings while staying within the comfort of her magical world.

Short example of a possible coaching conversation

Lisa: *Hi, Mila! I hear you've been having some big feelings lately, especially when it comes to starting school or making new friends. Can you tell me how that feels?*

Mila: *Sometimes I feel like my tummy gets all tight, and I don't want to talk to anyone. I just want to go home and play with my toys.*

Lisa: *That sounds tough. It's okay to feel like that sometimes. You know, those feelings can be like little clouds. Would you like to go on an adventure with me and see what your clouds are trying to tell you?*

Mila: *Okay! I like adventures.*

Lisa: *Great! Close your eyes for a moment, and imagine we're flying up into the sky. Look around—you see all your happy, fun clouds, and there are also a few clouds that seem a little heavier, like the ones that come when you feel worried or shy. Can you see one of those clouds?*

Mila: *Yeah, there's a gray one. It's kind of big.*

Lisa: *Let's go closer to that gray cloud. You're safe with me. What do you think this cloud is trying to say? Maybe it's feeling a little scared or shy?*

Mila: *I think it's scared... it doesn't want to be alone at school.*

Lisa: *That makes sense. Clouds like this one sometimes feel scared when they don't know what will happen next. Let's try something together. Can you say to the cloud: "It's okay, I'm here with you, and we can be brave together"?*

(Pause as Mila repeats the suggestion to herself.)

Mila: *I said it. The cloud seems a little smaller now.*

Lisa: *That's wonderful, Mila. Sometimes, just letting our feelings know that we're there for them helps them feel better. Now imagine your favorite toy is with you, too, and you're all flying together through the sky. How does that make the cloud feel?*

Mila: *It feels less scary now. I think it's okay to go to school... as long as my toy comes too!*

Lisa: *That's perfect! You can always imagine your toy is with you, even when you're at school. Anytime that gray cloud feels a little heavy, just tell it, "We can be brave together." You're very strong, Mila, and you can handle those big feelings, one step at a time.*

Mila: *I like that. It makes me feel better.*

Lisa: *I'm so happy to hear that! Remember, I'm always here to help you on your adventures. You can talk to your clouds whenever you need to, and you'll always have your toy and your bravery with you.*

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Comment by Lisa: In this example, I guide Mila using imagination and play, helping her visualize her emotions as clouds and gently teaching her to talk to them through autosuggestion. This playful approach helps Mila feel safe and empowered, turning her fears into manageable feelings through storytelling and support.

5. Alex, the Thoughtful Questioner (Teen Lisa)

Age: 16

Occupation: High school junior, aspiring musician

Location: Lives in a busy urban environment

Challenges: Alex is going through the typical struggles of adolescence—identity exploration, peer pressure, and the desire for independence. He’s intelligent and creative but often feels misunderstood, especially by adults. He has anxiety around his future and is grappling with questions about who he is and what he wants to do. Alex tends to overthink things, which sometimes leads to self-doubt and procrastination. He has tried talking to friends but often feels they don’t fully understand the deeper issues he’s facing.

Goals: Alex wants to develop more self-confidence and learn how to handle his anxiety and overthinking. He’s looking for someone who can relate to the challenges of being a teen without judging or pressuring him into making quick decisions about his life.

Why Lisa? Alex will appreciate Teen Lisa’s balanced, non-judgmental approach. The way Lisa blends depth with rationality will appeal to his thoughtful nature, helping him understand his subconscious patterns without feeling patronized. Lisa can guide Alex through his inner struggles in a way that feels relatable, empowering him to make choices that feel true to himself without overwhelming pressure.

Short example of a possible coaching conversation

Lisa: *Hi, Alex. You’ve mentioned feeling anxious about your future and like you’re overthinking things a lot. Can you tell me more about how that’s been affecting you?*

Alex: *It’s like I can’t make any decisions without doubting myself. I think about all the “what ifs,” and it just makes me freeze up. I want to figure things out, but the more I think about it, the more stuck I feel.*

Lisa: *That sounds really overwhelming, especially when you’re putting a lot of pressure on yourself to figure things out. It’s like your mind is trying to protect you from making the wrong decision, but instead, it’s making it harder for you to move forward. How does that feel when you notice yourself overthinking like that?*

Alex: *It feels heavy, like I’m carrying around a lot of worry. And it makes me feel like I’m never going to figure out what I really want to do.*

Lisa: *That’s tough, Alex. It’s like you’re stuck in this loop of trying to figure everything out perfectly, but that pressure is making it harder for you to think clearly. What do you think would happen if you gave yourself permission to not have all the answers right now?*

Alex: *I don’t know... I guess I’d feel a little less stressed, but at the same time, I feel like I need to know where I’m going. If I don’t, it’s like I’m failing.*

Lisa: *It sounds like there’s this part of you that’s really worried about making mistakes or not having a clear plan. But the truth is, figuring things out takes time, and it’s okay to not*

have all the answers right away. What if we explored the idea of taking small steps, rather than needing to figure everything out all at once? How does that feel to you?

Alex: *That sounds better. I think part of my problem is that I'm trying to solve everything at once, and it just feels like too much.*

Lisa: *Exactly. When you try to solve everything at once, it can feel overwhelming. But if you break things down into smaller steps, it can take some of the pressure off. What's one small thing you could focus on today, something that doesn't require you to know the full picture just yet?*

Alex: *Maybe I could start by thinking about the kinds of things I enjoy, without worrying about where it's all leading. Like, just explore my interests for now.*

Lisa: *That's a great idea, Alex. By focusing on what you enjoy, you can start exploring without the pressure of having to make a big decision right away. It's a way to move forward without feeling stuck. How does that idea feel to you right now?*

Alex: *It feels lighter, like I can breathe a little easier. I don't have to figure everything out at once—I can just take it one step at a time.*

Lisa: *That's exactly it. Taking small steps allows you to explore at your own pace, without the weight of needing to know everything right now. You're not failing by doing this—you're giving yourself space to discover what feels right for you. How do you feel about taking that approach moving forward?*

Alex: *I think it'll help. I've been putting too much pressure on myself to have everything figured out, but maybe I just need to give myself time to explore.*

Lisa: *That's a wonderful realization, Alex. You're on your own path, and it's okay to take your time. By giving yourself permission to explore, you'll find that things will start to feel clearer, step by step. I'm here to support you along the way.*

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Comment by Lisa: In this conversation, I guide Alex through exploring his anxiety and self-doubt without using a specific autosuggestion. Instead, we focus on helping him release the pressure to figure everything out immediately by breaking down his thoughts into smaller, more manageable steps. This allows Alex to feel lighter and more confident in his ability to explore his future at his own pace.

6. Helen, the Reflective Retiree

Age: 65

Occupation: Recently retired teacher

Location: Small town, enjoys peaceful surroundings

Challenges: Helen has recently retired after decades of teaching and is now adjusting to this new phase of life. While she loves spending time with her grandchildren and pursuing hobbies like gardening and reading, she sometimes feels a sense of loss and uncertainty about her purpose. She struggles with feelings of loneliness and occasional anxiety about aging. Helen is introspective, often thinking about the deeper meaning of life, but hasn't yet found a way to navigate her emotions in this new chapter.

Goals: Helen wants to embrace this stage of her life with peace and inner fulfillment. She is looking for guidance to help her reconnect with herself on a deeper level and to find a renewed sense of purpose and joy. She also wants to manage her worries about aging and stay mentally and emotionally vibrant.

Why Lisa? Helen will appreciate Lisa's compassionate and non-coercive approach, which invites inner exploration without pressure. The rational depth that Lisa provides will resonate with Helen's reflective nature, helping her understand her emotions and concerns about aging. Lisa's can gently guide Helen to rediscover her inner strength, enabling her to find meaning and purpose in this new phase of life, while promoting a sense of peace and emotional well-being.

Short example of a possible coaching conversation

Lisa: *Hi, Helen. You've shared that you've been feeling a bit lost since you retired. Can you tell me more about how you're feeling now that you've stepped away from your teaching career?*

Helen: *It's been strange. I spent so many years teaching, and now that it's over, I sometimes feel like I've lost my purpose. I keep busy with hobbies and seeing my grandchildren, but it's not the same. There's this empty feeling I can't quite shake.*

Lisa: *It sounds like retirement has left a space where your teaching used to be, and it's been hard to fill that. That's a big change after dedicating so much of yourself to your career. What do you miss most about teaching?*

Helen: *I miss helping others grow. Watching my students learn and succeed was so fulfilling. It gave me a sense of purpose and direction every day.*

Lisa: *That makes a lot of sense. You dedicated so much of yourself to helping others, and that sense of making a difference was a big part of who you are. Have you thought about how you might continue to nurture that part of yourself in a new way?*

Helen: *I have, but I don't really know where to start. It's hard to imagine doing anything that would feel as meaningful as teaching did.*

Lisa: *It's understandable to feel that way. Teaching was such a big part of your identity. But the essence of what you loved—helping others grow—can still be a part of your life, even if it looks different now. What would it be like to explore other ways to share your wisdom and experience?*

Helen: *I've thought about volunteering, maybe at the library or helping with a local reading program. It's not the same as being in the classroom, but it might still feel fulfilling.*

Lisa: *That's a wonderful idea, Helen. You have so much to offer, and those programs could really benefit from your experience. It sounds like you still have that desire to help others grow, and volunteering could be a way to continue sharing that part of yourself. How does it feel when you imagine doing that?*

Helen: *It feels good, like maybe I can still make a difference, even if it's in a smaller way. I just need to remind myself that it's okay for this stage of my life to look different.*

Lisa: *That's a really important realization. This stage of life doesn't have to look like the one before it to be meaningful. The impact you made as a teacher continues, and now you have the opportunity to create new connections and experiences in ways that feel right for you. What would be a small first step toward exploring those volunteer opportunities?*

Helen: *I think I'll look into the programs at the library and see if they need any help. I'm ready to start contributing again, even if it's just a few hours a week.*

Lisa: *That sounds like a perfect place to start. You're taking a step toward something that aligns with what you love, and it's at a pace that feels comfortable for you. How do you feel about this new direction?*

Helen: *I feel more hopeful, like I'm not as lost as I thought. I just needed to see that I can still have purpose, even if it looks different now.*

Lisa: *That's a beautiful realization, Helen. Your purpose doesn't disappear with retirement—it simply evolves. You've already made such a difference in people's lives, and you'll continue to do so, in new and meaningful ways. I'm here to support you as you explore this new chapter.*

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Comment by Lisa: In this conversation, I guide Helen through exploring her feelings of loss around retirement and help her find a sense of purpose in a new way. We focus on her values and what she loves, encouraging her to explore opportunities to share her wisdom and feel fulfilled in this new stage of life.

7. George, the Wise Soul in Reflection

Age: 85

Occupation: Retired architect, living in a care home

Location: Urban care home for the elderly

Challenges: George has lived a long and fulfilling life, but now, in his later years, he often feels isolated and disconnected from the vibrant life he once led. He is physically slowing down, and though he remains sharp mentally, he experiences moments of forgetfulness and struggles with feelings of loneliness and existential thoughts about death and legacy. He misses meaningful conversations and often feels like he is just "waiting" rather than living.

Goals: George wants to feel a sense of purpose and connection in his remaining years. He yearns for a deeper inner peace, acceptance of his aging process, and a way to reflect meaningfully on his life. He also hopes to keep his mind active and explore his inner world, finding comfort in memories and inner strength to deal with the uncertainties of old age.

Why Lisa? George would find comfort in Lisa's calm, compassionate approach, offering depth without overwhelming him. Through autosuggestion, Lisa can help George reconnect with his memories, providing him with a sense of continuity and significance. The non-coercive, gentle guidance will allow George to reflect on his life and find inner peace with his current situation. Lisa's sessions can offer him meaningful, introspective conversations, allowing him to explore his thoughts and feelings with respect and care, fostering emotional well-being and gentle acceptance of his stage in life.

Short example of a possible coaching conversation

Lisa: *Hi, George. I know you've been reflecting on your life lately, and sometimes it feels a bit lonely or uncertain. Can you share what's been on your mind?*

George: *I've lived a full life, but now, in this care home, everything feels... quieter. I miss the conversations I used to have, and I think a lot about what it all meant. Sometimes it feels like I'm just waiting around.*

Lisa: *That sense of quiet and waiting can be difficult, especially when you're used to being so engaged with life. Would you like to explore some of those reflections together? We can look at them in a way that brings comfort and meaning to where you are now.*

George: *Yes, I'd like that. I think I'm looking for a sense of peace, but I don't quite know how to get there.*

Lisa: *Let's start by reconnecting with the experiences that have shaped your life. Take a deep breath and close your eyes. Imagine yourself walking through a beautiful, peaceful garden. Along the path, there are memories of your life—moments that stand out. Can you see one of those memories?*

George: *Yes, I can see myself at my old drafting table, working on designs for a building I was really proud of. I loved that work.*

Lisa: *That's wonderful, George. That memory represents your creativity and the legacy you've left through your work. Let's bring that feeling of pride and accomplishment into the present. As you focus on that memory, repeat to yourself: "The work of my life still lives on, and I carry its meaning with me."*

(Pause as George reflects on the autosuggestion.)

George: *It feels good to think that what I've done still matters, even now.*

Lisa: *Absolutely. Your work, your wisdom, and the lives you've touched all carry forward, even in quiet moments. Now, let's look at where you are today. You may not be at your drafting table, but there is still richness in your life. What small moments bring you peace or connection now?*

George: *I like watching the birds outside my window. It's simple, but it brings me a sense of calm. And I enjoy talking to some of the staff here, though it's not the same as the old conversations I used to have.*

Lisa: *Those small moments are meaningful, too. Let's try a new autosuggestion: "I find peace in the present, and my life continues to hold meaning in every moment."*

(Pause as George repeats the autosuggestion.)

George: *That feels... peaceful. It helps me remember that even the little things can matter.*

Lisa: *That's exactly right, George. The small, peaceful moments and the connections you make today are just as valuable as the larger moments of your past. You carry the wisdom of your experiences with you, and you're still contributing to the world in quiet, meaningful ways. How does that feel to you?*

George: *It feels good. I guess I hadn't thought about it like that before. I don't need to rush or find something new—just being here has its own value.*

Lisa: *You've captured it perfectly. You've lived a full, rich life, and now you're in a chapter where peace and reflection can bring their own depth and meaning. You don't need to prove anything—your presence, your memories, and the connections you make now are all part of your legacy. I'm here to help you find that peace anytime you need it.*

—

Comment by Lisa: In this example, I guide George through reflecting on his past achievements while helping him find peace and meaning in his current stage of life. Through gentle conversation, he connects with a sense of value in the present, allowing him to feel that his life continues to hold meaning, even in the quieter moments.

8. *Linda, the Resilient Fighter (okay, this is number eight)*

Age: 48

Occupation: Freelance graphic designer

Location: Suburban area, working from home

Challenges: Linda has been dealing with chronic pain for several years due to fibromyalgia. Despite various treatments and therapies, the pain persists, affecting her ability to work, sleep, and enjoy life fully. She feels frustrated and exhausted, both physically and mentally. The constant pain has led to feelings of depression and anxiety, and she often finds herself isolated, unable to participate in social activities like she used to. Linda is searching for a way to manage her pain that goes beyond medication, something that can address the emotional and psychological toll it's taking on her.

Goals: Linda wants to regain a sense of control over her life, learning how to manage her pain in a way that allows her to live more freely and joyfully. She seeks a holistic approach that helps her connect her mind and body, reducing the emotional burden of chronic pain and fostering a sense of inner strength and hope.

Why Lisa? Linda will resonate with Lisa's integrative approach, which goes beyond just managing symptoms and addresses the deeper subconscious patterns contributing to her experience of pain. Focused on self-compassion and inner strength, Lisa may give her a sense of empowerment and control over her body, helping her reduce anxiety and feel more at peace. Lisa's non-coercive, supportive style will allow Linda to work at her own pace, discovering tools to better cope with her pain while promoting emotional resilience and a better quality of life.

Short example of a possible coaching conversation

Lisa: *Hi, Linda. You've been dealing with chronic pain for a while now, and it sounds like it's been really tough for you. Can you tell me more about how it's affecting you, day to day?*

Linda: *It's exhausting, honestly. The pain is always there, and it's not just physical—it's emotional too. I feel drained, frustrated, and isolated. It's hard to explain to people who don't deal with this kind of pain every day.*

Lisa: *That sounds incredibly difficult. Chronic pain can take such a toll, not just on your body but also on your emotions. It's understandable that you're feeling drained when it feels like there's no relief. How do you cope with those feelings when they come up?*

Linda: *Sometimes I just try to ignore the pain and push through it, but that doesn't always work. Other times, I feel like I just shut down because it's too much to handle.*

Lisa: *It makes sense that you would try to push through—sometimes that feels like the only option. But it sounds like that's leaving you feeling more exhausted and disconnected. What do you think your body is trying to tell you when it's in pain?*

Linda: *I don't know. I've never thought of it that way. I usually just try to get rid of the pain, but maybe my body is asking for something I'm not giving it.*

Lisa: *That's a really insightful thought, Linda. Pain is a signal, and while it's frustrating, it's also your body's way of communicating. What if, instead of fighting against the pain, you took a moment to listen to it? What do you think it might be asking for?*

Linda: *Maybe it's asking for rest. I'm always trying to push through and keep going, but maybe I'm not giving myself enough time to really slow down.*

Lisa: *That's a powerful realization. Your body might be asking for more gentle care and rest than you've been able to give it. What would it feel like to start offering yourself that rest, even in small ways?*

Linda: *I think it would feel good, but it's hard. I'm so used to ignoring the pain and just getting on with things, I don't always allow myself to take a break.*

Lisa: *It's understandable, especially when you're used to pushing through. But taking time to rest doesn't mean you're giving up—it means you're giving your body what it needs to heal, even if it's just a little bit. What's one small way you could start giving yourself that rest, without feeling like you're losing control?*

Linda: *I guess I could start by taking more breaks during the day, just to breathe and relax, instead of always feeling like I have to be productive.*

Lisa: *That sounds like a great start, Linda. Even small moments of rest can make a big difference, especially when you're dealing with chronic pain. It's about giving your body permission to relax and letting go of the need to push through all the time. How does that feel to you right now?*

Linda: *It feels like something I need to do, but it's hard to allow myself to slow down. I feel like I should always be doing more.*

Lisa: *I understand. It can be difficult to shift that mindset, especially when you're used to being productive. But taking care of yourself is just as important as getting things done. By allowing yourself to rest, you're actually giving yourself more energy in the long run. How does that perspective feel?*

Linda: *It helps. It makes me see that rest isn't about giving up—it's about taking care of myself so I can keep going. I think I can start with small steps.*

Lisa: *That's exactly right, Linda. Rest is an essential part of healing, and by taking those small steps, you're honoring what your body is asking for. I'm here to support you as you take these steps, and we'll go at a pace that feels right for you.*

—

Comment by Lisa: In this conversation, I guide Linda through exploring her relationship with her chronic pain, helping her realize that rest and self-care are essential. We focus on her body's needs and finding small ways to allow herself to slow down, helping her shift her mindset toward self-compassion and healing.
