



Level Two

The 'Unlock' Questionnaire

The BWRT Level 2 'Unlock' questionnaire

*Ensure that you get full answers to the following questions, especially where the client appears to be finding difficulty, since this can indicate a problem area. The questionnaire should not be rushed and is likely to take an entire session at least to complete. Before commencing, explain to the client that their presenting difficulty is part and parcel of the way they see themselves subconsciously and so you need to discover as much as you can about their self-image. At this stage, **do not** suggest that you are going to help them change that image. To do so would invite resistance (you will be getting their permission for change later on.)*

The questionnaire serves two purposes. It allows us to elicit the information that we need to work effectively; and it provides a challenge to the client's embedded beliefs about self, which are, of course, part of the problem. It also encourages the client to explore the idea of change, therefore reducing resistance of the 'unknown'.

There are two columns of questions: those in the right column are conditional upon the answers to those in the left.

Begin:

I'm going to ask you some questions now. At first they will be all about what you **don't** like about you and your life and the way you see yourself. Is that okay? *Wait for a 'yes' but if doubt is shown enter into more discussion about why this is necessary.*

1. To begin, can you tell me how you see yourself in your mind's eye?

Insist on a clear description of both the physical and personal self-image. Ask questions as necessary. An example would be: "An ageing fat slob with a beer gut, a scruffy, miserable looking sod who's pissed off all the time. Going bald, decrepit and bad tempered" or: "Somebody past their prime, old, anxious, grey-looking, ineffective and as nervous as hell about everything and everybody."

2. Now tell me what you think is the worst part of that, as as you're concerned.

What is needed here is something that could conceivably be changed. 'Being old', for example, could not, while 'looking old' or 'feeling old' could. This will help to provide a good 'hook' for the first part of the therapy proper later on.

3. Do you think that's accurate and the way others really see you?

'Yes' or 'No' is unimportant here; it's just part of the 'focussing' aspect, therefore no comment or response is necessary. Often, the client will confirm that others don't see them as they see themselves. Avoid the therapist's tendency to start working here, though listening is fine. Where you get a 'No' it can be useful to explore how the client believes others see them.

4. On a scale of 1 – 10, with 10 the worst, how uncomfortable is that image to you?
This is 'PAL 1'.

If 8 or higher



If 7 or less →

5. Has it always been at that level?

Yes



No →

4.1. And if you imagine being like that for the rest of your days, what number would you put on that?

If lower than 8 there's a chance that the client at least partly enjoys their processes and may not be willing to change. Discussion is indicated in order to decide whether or not to continue with therapy.

← **Now continue in column 1**

5.1. How long then?

5.2. How was your self-image before that?

5.3. And what number would you have put on that self-image, again on 1 – 10?

If this is high, it will be assessed for suitability as a 'restore point' later on.

5.4. What do you think caused it to change?

If there are hints of trauma here, it may need to be worked at before addressing the presenting problem

← **Now continue in column 1**

6. Do you think other people are happy with their self image?

'Yes' or 'No' is unimportant here but it can be useful to explore what your client believes others feel about self.

7. How did you discover that?

This is usually supposition. If so, respond with: "So would you agree that you don't actually know that for sure?"

8. Do you know others who feel the same about themselves as you do?

No



Yes →

9. Do other people know how you see yourself?

No



Yes →

8.1. How did you discover that?

Another test for supposition. Respond as previously if appropriate

8.2. What do **you** think of **them**?

If similar to the answer at 1 (above):

← **Continue in column 1**

8.3. I notice that your view of them is different from your view of yourself – why do you think that might be?

If there are any hints of trauma here, it may need to be worked at before addressing the presenting problem.

← **Now continue in column 1**

9.1. How do you feel about that?

If necessary, work at the idea that stressing about it will exacerbate the problem and they can afford to relax about it for the time being.

9.2. What will you do to convince them when you've made a change?

*If necessary, help the client to decide how to convince **those who matter** that there has been true change.*

← **Now continue in column 1**

10. On a scale of 1 – 10, with 10 high, how **honestly determined** are you to get the best out of what we're going to do, how determined are you to stick with the therapy?

If less than 8, necessary commitment may be lacking. If you cannot find a way for the client to increase this, you would be justified in deciding not to pursue therapy. It might only be necessary to reassure them that you're not a quitter and if they keep going, you certainly will. If rapport is adequate, transference will do the rest.

11. All right – now we're going to move on to how you **want** to be in a moment but there's just one more thing I need to know. Most people have a secret, or even several secrets, and would be horrified if the whole world were to know about it. Now, if you have such a secret, I'll never ask you to tell me about it but it helps the therapy greatly if I know there's something there. So, is there anything that you really want to keep absolutely to yourself?

No
↓

Yes →

11.1: Okay, thank you, And can you now tell me how bad that would feel on a scale of 1 – 10 if *everybody* knew about it? Make it really vivid in your mind.

We need the highest possible PAL here. If < 6 we can probably ignore it.

11.2: Good, thank you. Now can you tell me if this is (a) about the way you are, so that you didn't choose it; or (b) it's about something you did; or (c) it's about something you still do. You can tell me it's any of those, all of those, or just 'a' and 'c', for instance.

This covers every eventuality and we need to know in order to allocate the best replacement response.

cont.

11.3: Okay – now, sometimes, anxious secrets of that sort can get in the way of the best results for therapy. It's possible to take the anxiety out of it while we're working if you want to so we can get the best result for you. You won't need to say even one word about it but I'll only work at it if you agree. We can still do some good work, though, if you don't want to. So, yes or no?

Yes []; No []

a b c choice/combination:

← **Now continue in column 1**

12. Now, you told me that <answer to 2, above> was the very worst thing about the way you see yourself. What would you change about that?

Conversation is sometimes necessary here but should be kept to a minimum, whilst ensuring that the change required is not only 2PF but fundamental to success.

13. All right, taking that as a basis, describe what you would consider to be your perfect self.

*If the client struggles here but has answered 'Yes' and given a high number to 5.2 (above) you can ask if they would like to recover that old self image. Otherwise, ensure the answer is detailed and complies with the '2PF' concept; if the client has seen themselves as 'fat' for example, to suddenly be 'slim' would not be **plausible** but they could be 'less fat' or 'slimmer'; 'Making my friend feel jealous would not be **fair** but 'looking better than my friend' would. Point out that the presenting problem is completely absent from this new self.*

14. On a scale of 1 – 10, with 10 high, how good does that image feel to you?

This is 'PAL 2', which needs to be at 8 or higher. If lower, ask the client to 'really go for it' and keep working until you get at least an 8. Where the client is working properly, 10 is not unusual.

15. Who do you think will be right behind you, really wanting you to achieve this?

This question covertly enquires who is also going to get benefit from the client's improved self worth. It can often help to diminish the resistance that can occur if there's a sense of being too self-indulgent. Be sure to get an answer here.

16. Now, whenever anybody is trying to make a change for themselves, there's almost always somebody else who will try to prevent it. Can you think of who that might be in your case?

Push hard to find the correct answer here; the client might be reluctant to answer truthfully as a result of misguided feelings of loyalty.

No



Yes →

16.1. How do you know that?

This question serves as a focusing device to alert the client to a situation of which they were previously unaware, OR it will reveal supposition. Sometimes, apparent supposition is an accurate instinctive response and the answer should be explored until there is certainty of 'fact or fiction'.

← If supposition, continue in column 1

16.2. How might they do that?

It is essential to get an answer here. If the client insists they don't know, ask them to make it up, since this will encourage them to express their fears. This done, they will start to activate resources and will be less likely to fear disempowerment. Thoroughly explore all possibilities.

16.3. How will you prevent that?

It's important not to ask the obvious 'Will you let them?' question here, since it can be unproductive. Asking them how they will prevent it triggers a search of the Reptilian and Paleomammalian complexes to find a useful resource.

← Now continue in column 1

17. All right, now the most important question of all: Will you allow me to help you adopt that image, to make it the real you, so that we can resolve that <presenting difficulty> once and for all?

An absolute 'Yes' is essential. Anything less needs to be fully investigated and all resistance dispelled.

18. Do you think other people will notice?

Yes



No →

19. We've still got a lot of work to do but can you see how this new image of self is going to help you?

*Ensure that the client fully understands that their problem is an inextricable part of their old image of self, that the presenting difficulty is **not** part of this new self.*

20. To finish with this part of the work, tell me what the best thing will be about being free.

This will form part of the work on the presenting problem itself.

18.1. Will you tell them?

If 'Yes':

← **Continue in column 1**

18.2. Why will you keep it secret?

Work as much as is necessary here to dispel whatever resistance is being experienced.

← **Now continue in column 1**