

PRACTITIONER REFERENCE GUIDE

IPPC TOOLS & FRAMEWORKS

A quick reference for the Integrative Positive Psychology Coaching Program Toolkit

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■ OVERARCHING PSYCHOLOGICAL MODELS & THEORIES

The Sailboat Metaphor: A unifying visual framework mapping human functioning: Water (life domains), Steering Wheel (values), Compass (emotions), Leak (weaknesses), Sails (strengths), Other Boats (relationships), Weather (events), and Destination (goals).

Appreciative Inquiry (AI): A strengths-based approach focused on discovering what gives life to a system when it is most effective.

Solution-Focused Brief Therapy: A counseling model focusing on clients' existing resources and strengths to resolve issues.

Dimensions of Happiness (Seligman & Sirgy): A framework for cultivating well-being across the pleasant, engaged, meaningful, and balanced life.

Appraisal Theory: The framework outlining how cognitive interpretations (challenge vs. threat) of events cause specific emotional responses.

Self-Concordance Model & Self-Determination Theory: Evaluates motivation across a spectrum from extrinsic (introjected/external) to intrinsic (identified/intrinsic).

The Self-as-Story vs. Self-as-Process (ACT): A constructivist distinction between rigid mental narratives and the observing, transcendent self.

CAPP Model: A conceptual model for defining strengths based on energy, performance, and use.

Flow Theory: The psychological framework for the experience of optimal, effortless immersion and deep focus.

■ ASSESSMENTS, SCALES & INVENTORIES

Values In Action Inventory of Strengths (VIA-IS): Classifies 24 core character strengths.

Clifton StrengthsFinder 2.0 & R2 Strengths Profiler: Tools identifying performance-based strengths.

Mental Health Continuum-Short Form (MHC-SF): Measures overall psychological well-being.

Brief Resilience Scale: Assesses the ability to bounce back from adversity.

Social Connectedness Scale: Measures the psychological sense of belonging.

Beliefs about Emotions Scale/Questionnaire: Evaluates functional and dysfunctional core beliefs regarding feelings.

Unconditional Self-Acceptance Questionnaire: Measures trait-level self-acceptance.

Other Scales: Flourishing Scale, Subjective Happiness Scale, Adult Dispositional Hope Scale, Posttraumatic Growth Inventory.

■ COACHING INTERVENTIONS & PRACTICAL TOOLS

▶ Life Domains & Values

- The Wheel of Life: Measure baseline life satisfaction across domains
- Life Domain Diagrams: Map and visualize key life areas
- Universal Needs Inventory: Identify core human needs
- Vision Quest: Explore personal aspirations and purpose
- Values Vision Board: Create a visual representation of core values
- Meaningful Photography: Use imagery to uncover what matters most
- Team Branding: Align team identity with shared values

▶ Emotional Intelligence

- The Feeling Wheel: Expand emotional vocabulary
- The Emotion Meter: Track emotional intensity in real time
- Reading Facial Expressions: Develop nonverbal awareness
- Healing Through Writing: Process emotions via expressive writing
- Identifying False Beliefs about Emotions: Challenge dysfunctional beliefs

▶ Self-Acceptance

- Exploring Domains of Self-Worth: Identify where self-esteem is sourced
- Stacking Personal Standards: Demonstrate the burden of rigid rules
- Evaluating Mistake vs. Person: Separate behavior from identity

▶ Maximizing Strengths

- 200+ Strengths Labels: Comprehensive vocabulary for naming strengths
- VIA Signature Strengths Scoring Sheet: Score and rank character strengths
- Strength Interview: Guided conversation to surface strengths
- Red and Green Activities: Separate energizing strengths from draining competencies
- Reflected Best Self (RBS) Portrait: Build a self-efficacy profile from peer feedback
- The Strengths Wheel: Assess current use vs. scope for expansion
- Inward and Outward Strength Expression: Explore internal and external strength use
- Strength Regulation Dial: Calibrate between underplaying, overplaying, and optimal use

▶ Resilience & Coping

- The Best Possible Self (BPS): Visualize an optimal future self
- Coping Wheels / Coping Style Analysis: Map behavior against 12 coping families
- Exploring Explanatory Styles: Disrupt pessimistic interpretation patterns
- Walking Down the Street: Reframe social-anxiety scenarios
- Finding Silver Linings: Identify growth within adversity
- The Spheres of Personal Control: Clarify what is and isn't within one's control

- The Resilience Plan (The 4 S's): Supports, Strategies, Sagacity, and Solution-seeking

- ▶ **Positive Relationships**
 - Social Support Analysis: Evaluate network gaps across four support types
 - Active-Constructive Responding: Enhance relationship quality through capitalization
 - Eight Steps to Forgiveness: Structured pathway to letting go
 - Building Social Capital: Strengthen and expand meaningful connections
 - Mindless vs. Mindful Listening: Develop deep, present listening skills
 - Apologizing Effectively: Repair relationships through genuine apology

- ▶ **Motivation & Goals**
 - The Miracle Question: Shift from avoidance to approach-goal thinking
 - Goal Analysis Form: Classify and strengthen goal formulations
 - Personal Goal Progress Review: Track advancement toward goals
 - Mindful Goal Focus: Cultivate present-moment awareness in goal pursuit
 - Implementation Intentions: Bridge the intention-action gap with if-then plans
 - Habit Tracker: Log daily process-goals tied to existing routines
 - Goal-Buddy System: Leverage peer accountability for sustained action
 - Celebrating Micro-Successes: Maintain intrinsic motivation through small wins

WHEN & HOW TO USE KEY TOOLS

1. CORE DIAGNOSTIC & FOUNDATION TOOLS

The Sailboat Metaphor

Use during intake or check-ins to quickly gauge client well-being. Ask, "What is the current status of your sailboat?" to help clients map their environment without psychological jargon.

The Wheel of Life

Use to measure baseline life satisfaction. Clients rank domains (e.g., career, health, finances) from 1 to 10 to visually expose imbalances and prioritize goal setting.

2. EXPLORING IDENTITY & SELF-ACCEPTANCE

Exploring Domains of Self-Worth

Use when clients tie their self-esteem to external conditions (e.g., approval, appearance). Have them draw wedges in a circle representing where they source their worth, then discuss what life would be like without the fear of "not being enough."

Stacking Personal Standards

A physical exercise to demonstrate the burden of rigid rules. The practitioner stacks a book in the client's arms for every "I must..." or "I should..." rule they hold, creating a visceral understanding of rule fatigue.

3. IDENTIFYING & REGULATING STRENGTHS

Reflected Best Self (RBS) Portrait

Use to build robust self-efficacy. Clients ask friends, family, and colleagues for specific stories of when they were at their best, then extract behavioral themes to write a unified profile of their highest potential.

Red and Green Activities

Use to separate strengths from mere competencies. Clients track daily tasks for a week, noting which energize them (Green) and which drain them (Red).

The Strengths Wheel

Use to assess contextual strength capacity. Clients plot "Current Use" vs. "Scope" (room for expansion) for specific strengths, visually highlighting which are being underutilized.

Strength Regulation Dial

Use when a client's strength becomes a liability (e.g., overplaying "honesty" into bluntness). Helps clients map what underplaying, overplaying, and optimal use of a given strength looks like.

4. BUILDING RESILIENCE & EFFECTIVE COPING

The Coping Wheels

Use to analyze past reactions to stress. Clients map their behavior against 41 specific ways of coping, clustered into 12 overarching families (e.g., Information-seeking, Delegation, Escape), allowing them to evaluate effectiveness and spot healthier alternatives.

The Resilience Plan (The 4 S's)

Use to unpack a client's personalized toolkit for bouncing back. Clients list the Supports (people), Strategies (actions), Sagacity (wisdom/quotes), and Solution-seeking behaviors that successfully guided them through past hardships.

Explanatory Styles Exercise

Use to disrupt pessimistic interpretations. Clients take a negative event and actively reframe their explanation from internal/universal ("I'm a complete failure") to external/specific ("The exam was uniquely hard").

5. STRENGTHENING SOCIAL NETWORKS

Social Support Analysis

Use to evaluate network gaps. Clients categorize people in their lives into four buckets: Informational (advice givers), Instrumental (material helpers), Emotional (empathetic listeners), and Companionship (shared activities).

Active-Constructive Responding

Use to enhance relationship quality (Capitalization). Train clients to respond to others' good news with enthusiastic, engaged follow-up questions rather than passive or dismissive responses.

6. GOAL ACHIEVEMENT & SUSTAINED MOTIVATION

The Miracle Question

Use when clients are stuck on avoidance goals ("I want to stop doing X"). Ask them to imagine they wake up and a miracle has solved their problem: they must describe specifically what they are doing instead, shifting them into an approach-goal mindset.

Habit Tracker & Goal-Buddy System

Use to bridge the intention-action gap. Clients log specific, daily process-goals (tied to existing anchors) and partner with a peer for regular accountability check-ins.

Celebrating Micro-Successes

Use to maintain intrinsic motivation. Clients deliberately log and acknowledge small, daily wins on the way to a macro-goal, which rewires internal scripts and sustains momentum.