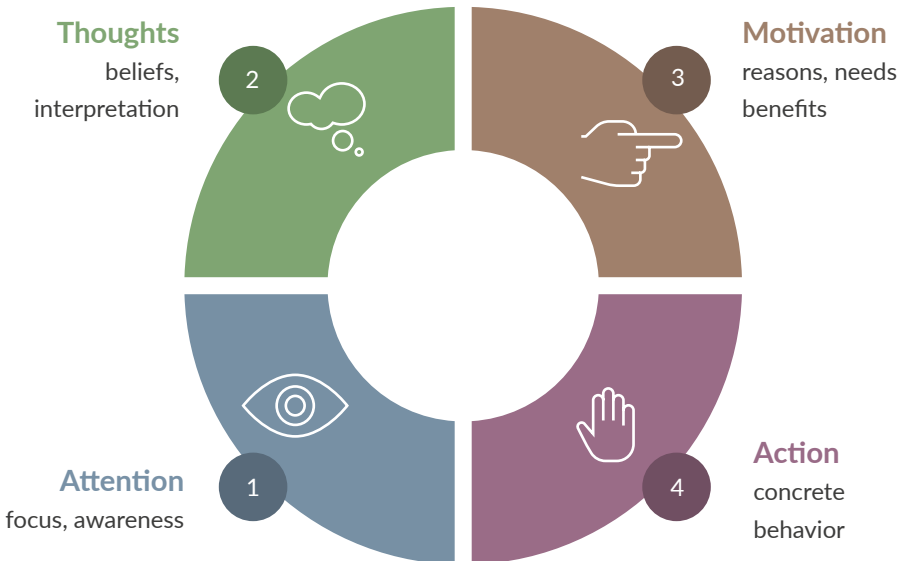


## THE SAILBOAT METAPHOR




## THE CAPTAIN



## THE KEY QUESTIONS


Sailboat element	Core question
water (life domains)	What are the most important domains in the client's life?
compass (feelings and emotions)	What kind of emotions and physical sensations does the client experience in this life domain?
steering wheel (values)	What are the values of the client in this life domain?
leak (weaknesses)	What is preventing the client from reaching his goals and living in line with his values?
sails (strengths)	What are the qualities of the client that allow him to reach his goals and deal with difficulties?
weather (events)	What are the positive and negative events that happened/are happening/ may happen in the future?
other boats (social relationships)	What does the social network of the client look like?
destination (goal)	What are the most important goals of the client?

## THE THREE PHASES OF ASSESSMENT




1

Assessing global level of functioning



2

Assessing 8 components of psychological functioning



3

Assessing the relationship with previously assessed components