



Coaching Tool

Behavioural Parameters

A behavioural parameter is a limit that your client can consciously and thoughtfully place on their own actions. It is a great tool for relieving anxiety. A child playing on a cliff will probably feel far less anxious if he has been shown ahead of time a high fence that separates him from the edge.

Your client can have a great time experimenting with options within the context of their behavioural parameters once he or she is clear what their parameters are. In defining parameters it is important to make certain that they are a product of their current **wants** rather than a product of past **fears**.

Encourage your client to brainstorm some behavioural parameters - those which are productive and those which are un-productive. From this coaching conversation comes some interesting outcomes.