

Comparison Chart

Conventional Therapy v. Personal Coaching

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Conventional Therapy tends toward...	Personal Coaching tends toward...
personal strengthening	personal evolution
triage	visioning
issue resolution	problem solving
why me?/why this?	what's next?/what now?
overcoming obstacles	sustainable flow
traditional relationship	collaborative, equal partnership
unconscious>conscious level	conscious>consciousness level
away from	toward
looks backward	focuses forward
raising standards	raising standards
somewhat vulnerable	generally open, not vulnerable
cognitive/behavior patterns	actively building
letting go	life dynamics
needs help	wants a partner
pain	frustration
past > present	present > future
needs, wants	needs, wants
issue resolution	life design
driven by unresolved issues	chooses goals and actions
absorbs information	acts on information
feelings, discussion oriented	more action oriented
self understanding	self potential
nurturing, supportive	catalyzing, challenging
asks why	asks what
disruptive situations	tolerations
usually a measured pace	often a rapid pace
no personal disclosure	personal disclosure as useful
patient/client	client
medical model	performance model
treatment	co creation
healing	achievement
presented complaints	common situations
mostly monologue	mostly dialogue
progress	performance
was then	is now
professional 'arms length'	close, collaborative
behavior norms	uniqueness
analysis/understanding	possibility
pathology	experimentation/discovery
hope	inspiration
self concept	self discovery
integration	manifestation
diagnosis	self assessment
support	support, solutions
prognosis for recovery	chance of success
diagnosable conditions	everyday situations
anxiety	n/a
depression	n/a
trauma	n/a
emotional scares	n/a
addictions	n/a
compulsions	n/a
emotional issues	n/a
neuroses	n/a
psychoses	n/a
healing of emotional damage	n/a
history	related experiences
self imposed limits	missed opportunities
acceptance	flow

We all have the personal power to make healthy positive choices. You can make excuses about fear, lack of knowledge, uncertainty about the future, or unwillingness to change. Those obstacles you create will not lead you to the life of peace, contentment, and happiness that you richly deserve.

It's time to make some better choices...are you ready?