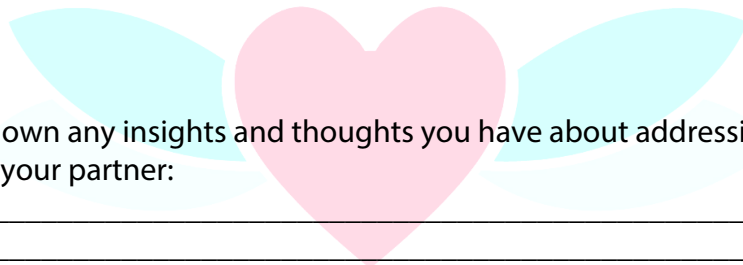


"I get that it's important to you to see results quickly. Who wouldn't want that? Does it make sense to you that truly resolving this issue isn't just a quick fix, *and would that be worth it to you, even if it takes longer than you were hoping?*"

With these examples in mind, you can use the space below to write and try out some "reframing" questions for yourself:



3) Feel free to write down any insights and thoughts you have about addressing objections from your practice with your partner:
