

# **THE COACH TRAINING – SESSION 3** **PRACTICE ASSESSING WILLINGNESS**

## **MESSAGE Training**

**ASSIGNMENT 1:** Write down an example of an unhealthy Thought (T) that led to an Emotion (E) that led to an Action (A) this week and be prepared to share with your mentor. Note the unhealthy emotion is the easiest way to start:

Unhealthy Thought (T): \_\_\_\_\_  
Unhealthy Emotion (E): \_\_\_\_\_ (start here)  
Unhealthy Action (A): \_\_\_\_\_

**ASSIGNMENT 2:** Read Chapter 4 of *FREEDOM: How Grace Transforms Your Life Now*. Watch the two Videos on Wanting in the SESSION 3 training that can be found by going to <http://www.livestransforming.com/> and then to the following menus: **Training – The COACH – SESSION 3**.

**Scripture:** “You’re blessed when you’re content with just who you are—no more, no less.” – **1 Peter 4:1 (The Message)**

Write about a time when you connected your value or worth by comparing yourself with someone else. This assists in identifying potential underlying unhealthy beliefs:

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**ASSIGNMENT 3:** Read Chapter 5 of *FREEDOM: How Grace Transforms Your Life Now*. Watch the two Videos on Past/Future in the SESSION 3 training that can be found by going to <http://www.livestransforming.com/> and then to the following menus: **Training – The COACH – SESSION 3**.

**Scripture:** “Come now, you who say, “Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit.” Yet you do not know what your life will be like tomorrow.” – **James 4:13 (MSG)**.

Write about a time when past or future thinking caused an unhealthy emotion. This assists in identifying potential underlying unhealthy beliefs (Notice how it seems impossible to worry if you are not *thinking* about the past or future):

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**ASSIGNMENT 4:** Keep practicing the pyramid from Session 1 with yourself or others during the week. **Download the “Freedom Pyramid” at:** <http://www.livestransforming.com/download/Pyramid.pdf>

## **FACILITATION Training**

During The COACH training, you will learn how to use **S.A.F.E.** discipling.

**SESSION 2: SUPPORT:**           **T.E.A.C.H.:** (1) Truth (2) Empathy (3) Ask (4) Communicate (5) Hope [The 5 Steps]  
**SESSION 3: ASSESS:**           Assesses Willingness  
**SESSION 4: FACILITATE:**       Moving to Discovery  
**SESSION 4: EVALUATE:**       Evaluating Effectiveness

Session 3 focuses on the “A” in S.A.F.E., which is Assessing Willingness.

### **Assessing Willingness**

**Assess Willingness:** Assessing Willingness moves beyond “SUPPORT” into the facilitation phase. We determine if the person is willing to move towards what is true or want to stay unhealthy (usually blaming & defending). If a person is not ready, **DO NOT** move to the “Facilitate Discovery” until receiving permission.

**ASSIGNMENT 5:** Now that you’ve learned the Support phase of S.A.F.E. discipleship, we move into Assess Willingness. This week you will use what you have learned in TEACH, and then before continuing the conversation you will simply ask permission to continue.

**Simple Examples of “Assessing Willingness Questions” used after you use TEACH:**

1. Your daughter asks for advice on homework. You ask, “Are you sure you want me to help you?”
2. A friend tells about a difficulty with his wife. You ask, “Do you want to talk about the situation with me?”
3. Your wife explains she is mad at her mom. You ask, “Do you want to discuss how to overcome the anger?”

**Write down an example of assessing willingness this week:**

1. \_\_\_\_\_

*Jesus knew that blind Bartimaeus was blind, but Jesus “Assesses Willingness” by asking him what he wants!*

**Scripture:** Jesus said, “What do you want Me to do for you?” And the blind man said to Him, “Rabboni, *I want to regain my sight!*” And Jesus said to him, “Go; your faith has made you well.” – **Mark 10:50-52 – NASB**

*Jesus knows that until a person is ready to die to selfish desires, nothing will change in their life.*

**Scripture:** “Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over.” - **John 12:24 – The Message**

**If someone is not willing (resistant), there are a number of potential “next steps.”**

1. **Jesus told stories (parables).** Notice how Jesus explains the importance of willingness (readiness).  
Scripture: “The disciples came up and asked, “Why do you tell stories?” He (Jesus) replied... Whenever someone has a ready heart for this, the insights and understandings flow freely. But if there is no readiness, any trace of receptivity soon disappears. That’s why I tell stories: to create readiness, to nudge the people toward receptive insight.” – **Matthew 13:10-13 – The Message**
2. **Jesus removed Himself from the coaching relationship.** Talking with the rich young ruler “Jesus replied, ‘go sell your possessions; give everything to the poor. All your wealth will then be in heaven. Then come follow me.’ That was the last thing the young man expected to hear. And so, crestfallen, he walked away... As he watched him go, Jesus taught his disciples.” NOTE: Jesus let him go! – **Matthew 19:21-24 – The Message**
3. **Cost/Benefit Analysis:** Another way that recent research has proven to help nudge resistant individuals toward willingness is by using a Cost/Benefit analysis. Use the worksheet below to practice.

What are the costs and benefits of believing what you believe or thinking what you think?	
COSTS/RISKS	BENEFITS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
<input type="text"/>	<input type="text"/>
From 0 to 100 weigh the costs vs. the benefits (For example: 70% costs and 30% benefits)	
% Weight	% Weight

**NOTE:** If someone sees the benefits of an unhealthy belief (or costs of a healthy belief) as greater than the costs of an unhealthy belief (or benefits of a healthy belief), then you have a resistant person and you may not go further. Simply change the subject and wait for God to prepare them. It is not the coach’s job to make them “see” Truth. (See 1 Cor. 3:6)

**ASSIGNMENT 6:** This week use the Cost/Benefit Analysis to move someone toward willingness and document below:

1. \_\_\_\_\_