

Zurich Resource Model



Introductory Training

This workbook belongs to:

.....

Rules

- Any personal information shared during the training must be kept confidential.
- ZRM requires active participation.
- The role of the trainer is to facilitate a process.
- Each participant is in charge of their own process.
- The training is based on the “midwife principle.”

Issue-specific picture selection

I would like to work on the following, pre-established issue:

Please skip this worksheet for open picture selection.

Worksheet 1

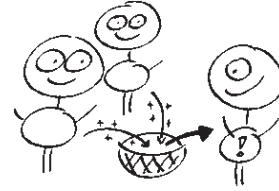
Zurich Resource Model **ZRM**[®]

Master copy



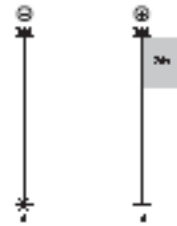
Clarifying my issue with the help of the subconscious

Idea basket for my picture
(content, context, formal aspects)



Analyzing my idea basket

Mark everything in your idea basket that has an affect balance of 0- and at least 70+.



The following are my favorite words, associations, and ideas from my idea basket (affect balance of 0- and at least 70+):

My own additional favorite associations:



Using rational thought and the subconscious to clarify my needs

Self-reflection

Why does my subconscious react so positively to my favorite associations? (own and other people's ideas)

What I want

Use your favorite associations and the insight gained from the self-reflection task to describe what you would like to achieve.

.....

.....

.....

.....

.....

Motto goal idea basket: Template for idea donors

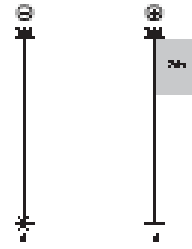
An overview of my favorite associations

(own and others' ideas; please write legibly)



My favorite motto goal ideas

The following ideas from my motto goal idea basket have an affect balance of 0- and at least 70+:



My motto goal (from the idea basket or own creation):



Optimizing my motto goal with the ZRM core criteria

The ZRM core criteria

A motto goal must:

- ...be formulated as an approach goal.
- ...be completely under your own control.
- ...have an affect balance of 0- and at least 70+.

The task for my idea basket

The current version of my motto goal does not fit with the following core criteria:

This is what the idea donors should do:

Systematically optimizing my motto goal

Scope

When, where, with whom and how often do I want to implement my motto goal?
(e.g., at work, in my private life)

Consequences

What will happen when I put my motto goal into practice? What will change in my life? (e.g., situations, relationships)

Personal gains and losses

What will I gain, and how will these gains manifest themselves?

Is there something that I will have to sacrifice in order to follow my motto goal?



The updated version of my motto goal:

My personal resources

My picture

My motto goal

My reminders

Macro-version:

Micro-movement:

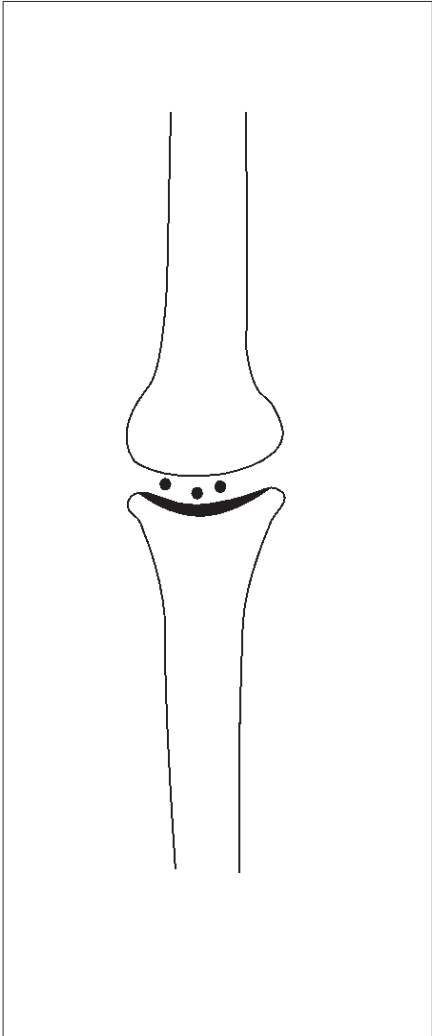
My embodiment

My social resources

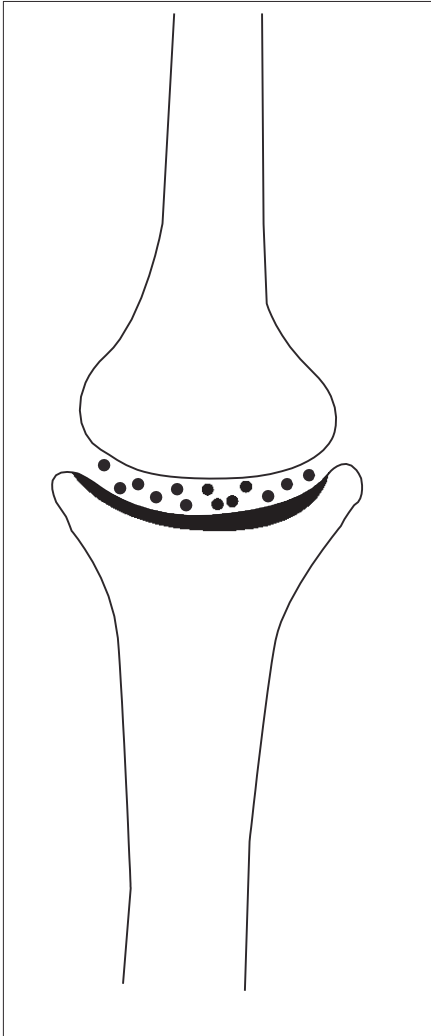


Neuronal plasticity

Seldom-used
nerve pathway



Frequently-used
nerve pathway



Using reminders to strengthen the neuronal network

Establish five mobile und five stationary reminders that will help you activate your new neuronal network as often as possible:

My motto goal:

.....
.....
.....
.....

stationary mobile



My embodiment: Macro-version

My motto goal consists of these elements:

My macro-embodiment consists of these elements:

1	
2	
3	
4	
5	



My embodiment: Macro-version

Use the figure below or draw your own picture to illustrate your embodiment, that is, what you experience externally and internally (behaviors, breathing, colors, feelings, energies, associated symbols, what you imagine is going on around you, etc.).



My log book for successful A-situations

Day 1 Today I put my goal into practice by:

- 1
- 2
- 3

Day 2 Today I put my goal into practice by:

- 1
- 2
- 3

Day 3 Today I put my goal into practice by:

- 1
- 2
- 3

Day 4 Today I put my goal into practice by:

- 1
- 2
- 3

Day 5 Today I put my goal into practice by:

- 1
- 2
- 3

Day 6 Today I put my goal into practice by:

- 1
- 2
- 3

Day 7 Today I put my goal into practice by:

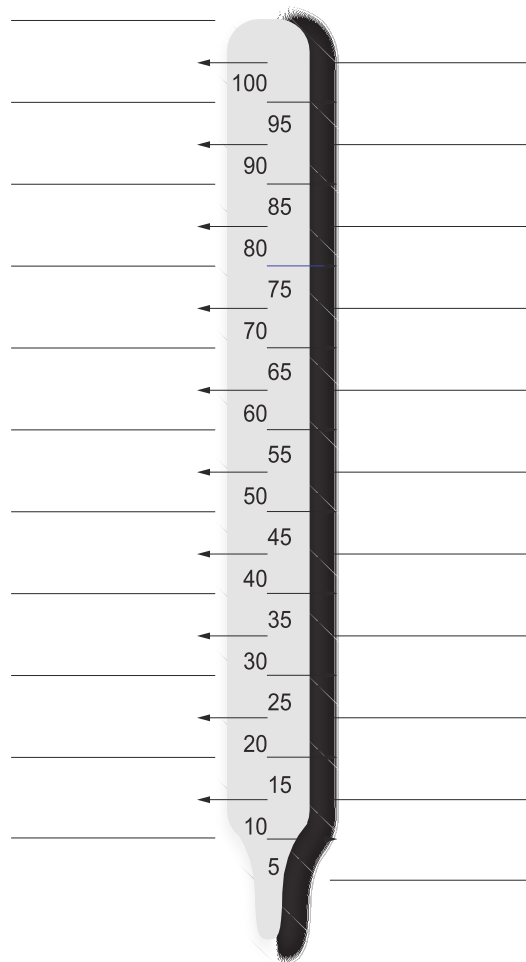
- 1
- 2
- 3



Five predictable B-situations in which I want to make use of my resources

Use the whole thermometer to distribute the five B-situations according to their degree of difficulty.

Degree of difficulty



One predictable B-situation in which I want to make use of my resources

Be sure to choose a B situation with an appropriate level of difficulty.

Situation:

Difficult client discussion, conflict with spouse/partner, openly “swimming against the stream,” team meeting, etc.

People involved:

Number, role, relationship, etc.

Defining characteristics of the situation:

Unsafe or awkward setting, time pressure, presence of a third party, etc.

How I have felt in this kind of situation so far:



Ensuring transfer to everyday life with regards to my predictable B-situation

I currently find the following **situation** appropriately difficult:

From now on, whenever I face this situation I will use the following **reminders** (mobile and/or stationary) to activate my motto goal:

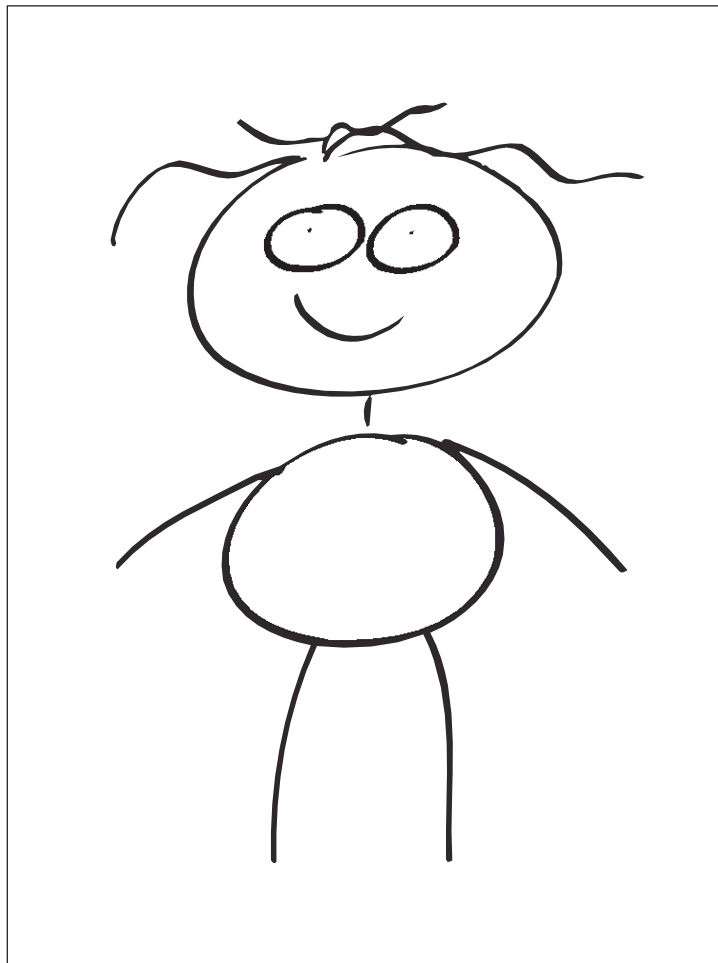
The following **micro-movement(s)** will help me in this situation:

To ensure that I make use of my resources, I will engage my **social resources** (work colleagues, members of my social network) in the following ways:



My micro-movement for my B-situation

My micro-movement



**Formulating the “if” part of an if-then plan:
What triggers my undesired automatic response?**

My selected B-situation:

My unwanted automatic response:

The following conditions (internal and/or external) trigger my unwanted automatic response:

My “if”:



Formulating the “then” part of an if-then plan: How I want to behave in the future

In the future, I will respond to my B-situation in the following way (please check one):

a) by activating my resources, in order to react flexibly
(e.g., use reminders or micro-movement to activate my motto goal)

b) with a specific behavior, if this is sufficient for managing the particular situation

My if-then plan

Creating a new, desired automatic response

- Insert the condition(s) that trigger your unwanted response in the “if” part.
- Insert either your resource-activating behavior or your specific behavior in the “then” part.

My if-then plan:

If

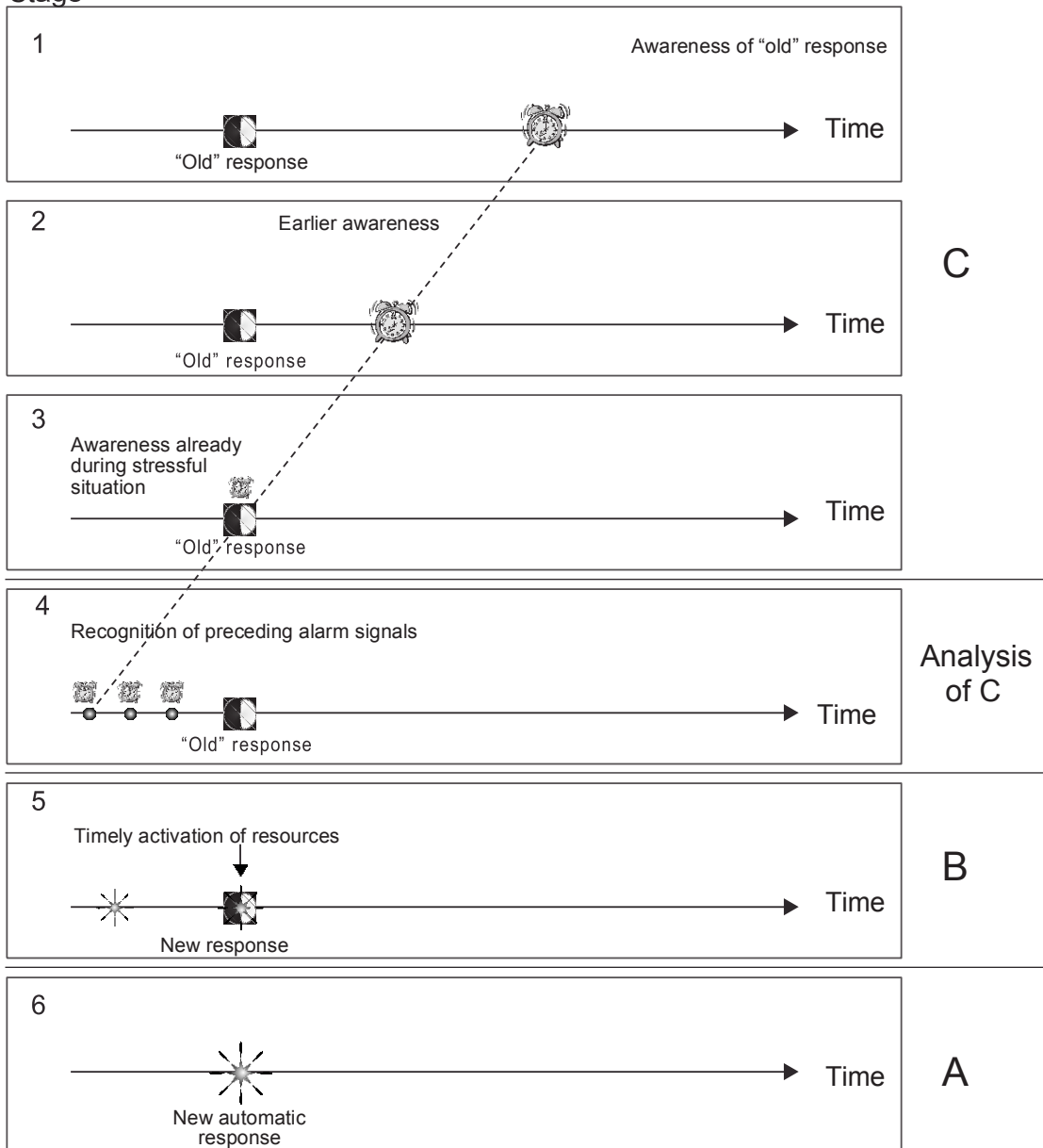
then



The ZRM process

How unpredictable C-situations can be used to develop a new automatic response

Stage



Log book for C-situations

These unpredictable C-situations caught me off guard and activated an old, unwanted automatic response:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Turning my C-situations into B-situations: Analyzing my C-situations

What do my C-situations have in common (e.g., antecedents, sequence of events)?

Which preceding alarm signals can I identify (external, in the environment and/or internal, within myself)?

What if-then plan will help me to develop a new automatic response?

If ...

then...

My main challenge

The main challenge I face as I try to put my motto goal into practice is:

Here are five ways that I can manage this challenge (own ideas and idea basket):

1

2

3

4

5



My process during the ZRM training

My starting point

My picture:

My path

My motto goal:

My most important resources:

Where do I stand now?

Other important thoughts and observations:

