

Family and close friends: Classic VIPS.

Classic VIPs may include trusted friends, family, and individuals who provide support, empathy, and companionship. They uplift you in tough times, celebrate your successes, and share the front-row seats of your life.

VIP MAPPING: Classic VIPS

1. Who are the most important people in your life? Who else?
2. What do you most appreciate about them? What else do you most appreciate about them?
3. Suppose we asked them to join us; what would they say they most appreciate about you? What else would they say they most appreciate about you?
4. Who would notice when things are going well or are more difficult for you?
5. What do they know about you that you will succeed?
6. What else do they know about you that you will succeed?
7. What would their best hopes be for you? What else would they say their best hopes are for you?
8. What would they see you doing?
9. What else would they see you doing?
10. Consider the following questions and scale how well you have been doing from 1-10 (10 being the best and one the opposite):
 - a. How satisfied are you with your relationships from 1-10?
 - b. What is a “good enough number”?
 - c. Suppose we asked your VIPs how satisfied they are with their relationship with you; what number would they give?
 - d. Is the number higher, lower, or the same? What accounts for the difference?
 - e. When was the number highest? What do you remember doing during that time?
 - f. How did you manage to sustain that high number in your relationship? How else?
 - g. What keeps the number from being lower? What else?
 - h. What is one thing you could do to raise your number by one point?
 - i. How confident are you from 1-10 that you will take one small step to increase your number by one point?
 - j. What keeps your number from being lower? What else?
 - k. Is it a good enough number in terms of confidence?