

ASSESSMENT AND PLAN FORM

Student name:

Ming

Coaching call date:

7/19/10 (#1)

ASSESSMENT

Sticking points identified:

Fear of taking risks

Fear of being in a fight

Fear of running out of things to say

Fear of being sexually aggressive

Does not enjoy the process

Is in his head

Last minute resistance

Does not feel himself sexy

Keeps his conversations safe (chit-chit)

Does not make his intent known clearly or quickly

Career:

Creates medical devices

Mitigates risks

Lifestyle:

Gym

Hiking

Reading

Meditating

Creative outlet:

Possibly work

Otherwise none

Life purpose:

Unclear

Long-term relationship goal:

Monogamy

Short-term relationship goal:

Feels inexperienced and wants to gain sexual experiences

Medical problems:

Chronic foot/ankle pain and dysfunction due to risk-taking (rock climbing) injury 3 years ago leading to fractures. Residual symptoms are minimal.

Life design: to be determined

In-field sticking points: to be determined

Non-verbal status: to be determined

Verbal ability: to be determined

Appearance: to be determined

PLAN

Memorize some routines to avoid running out of things to say

Pick a clear statement of intent and use it in every interaction

Investigate physical activities that involve risk-taking

Yoga

Think about what his life purpose is

Investigate creative outlets

Recommended reading:

The Power of Now

Just Fuck Me!

The G Spot

Routines section of the Field Guide