**THE OSCAR MODEL**

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| **OUTCOME: GOAL** | * What would you like to achieve from today’s session? |
| **SITUATION** | * What is the current situation? * What’s standing in the way of that ideal? |
| **CHOICES and**  **CONSEQUENCES** | * At your most resourceful, what do you say to yourself about this? * What other choices might there be? * What are the consequences of each option, upsides and downsides? (eg effects on relationships, costs, practicality, emotional factors, time and other factors) * Which choices would have the best consequences? |
| **ACTIONS** | * What actions will you take? * What’s the first step? |
| **REVIEW** | * How will you review your progress? |